HINTS

DESIGNED TO PROMOTE

BENEFICENCE, TEMPERANCE,

AND

MEDICAL SCIENCE.

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BOSTON MEDICAL
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ASSOCIATION.

PREFACE.

FEW perſons who have early appeared as Authors, live to mature age, without a wiſh to have written leſs, or even never to have appeared before the Public. Perhaps ſome who read the following Hints, may conclude that this ſentiment is ſuggeſted by the Author's individual experience. He makes no plea in favour of what he has done, but he has the ſatisfaction of reflecting that he never printed a ſentence to which

he

he is aſhamed of ſubſcribing his name; becauſe the motives will, at leaſt to his own mind, ſupport his conduct.

Many of the ſubſequent eſſays have been already printed, and ſome of them at an early period of his life; at the preſent moment he might expreſs himſelf differently; but, whether it is that we recal our juvenile exerciſes with the enjoyment of retroſpective pleaſure, or that we feel a ſatisfaction in marking the progreſs of experience; he acknowledges, that he cheriſhes a predilection for theſe efforts,

efforts, excited as they may have been by imagination, rather than chaſtened by judgment.

Theſe pieces, however trivial they may appear to an unbiaſſed reader, are ſubmitted to that public, which cannot be greatly overburthened by an edition compriſing a few copies only, principally deſigned for the acceptance of private friends.

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HINTS, &c.

Hints designed to promote the Eſtabliſhment of a DISPENSARY, *for extending medical Relief to the Poor at their own Habitations.**

THE Poor are a large, as well as uſeful part of the community; they ſupply both the neceſſary and ornamental articles of life; they have, therefore, a juſt claim to the protection of the rich, whoſe intereſts muſt direct them to encourage the induſtrious in their employments; to frame laws

* Inſerted in the Introduction to the General Diſpenſary, inſtituted in 1770. By the report in 1796, it appears that 110,000 poor perſons have received medical aſſiſtance either at their own habitations, or at the Diſpenſary, in Alderſgate-Street. A Plan ſo peculiarly uſeful, was inſtituted in different parts of the metropolis, and at

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laws for the maintenance of their rights; and to ſuccour them in the misfortunes to which they are unavoidably incident.

This mutual obligation between the rich and the poor, neither of whom could long ſubſiſt without the aid of the other, has in all ages formed the moſt natural and permanent ground of intercourſe between the different degrees of the people: the artizan always depending upon the affluent for employment, and the ſucceſs of the artizan being always neceſſary to the eaſe and convenience of the affluent.

the preſent time as many have been eſtabliſhed as to afford relief to about 50,000 poor people annually; one third of whom at leaſt are attended at their own habitations: a mode of relief which keeps the branches of the family from being ſeparated, and affords an opportunity for the wife to nurſe the ſick huſband or child, or the huſband to ſuperintend and protect a ſick wife, which naturally tends to meliorate and augment the tender affections. By this mode of conveying relief to the boſoms and houſes of the poor, the expence is trivial indeed; as one Guinea, which is an annual ſubſcription of a Governor, affords the means of relief to at leaſt ten patients! Hence 50,000 patients are annually relieved for £5000, a ſum not exceeding one third of the revenue of a ſingle hoſpital in London, which relieves ſcarcely 6000 patients a year!

In a country where many individuals are enriched by commerce; and where all people are poſſeſſed of civil liberty, and the unreſtrained exerciſe of their faculties; the ornamental and neceſſary arts muſt unavoidably flouriſh: but, wherever many perſons are employed, labour muſt be cheap; the earnings, therefore, of the artizan, will ſeldom exceed his expences; and as many of theſe arts depend upon circumſtances changeable in their nature, multitudes muſt thereby be liable to ſuffer a temporary poverty.

However, whilſt health continues, the reſources which daily open to the induſtrious in a trading country, afford alſo a temporary ſubſiſtance to their families: but a long continuance of health is the lot of few. The Poor, from the occaſional want of employment and wholeſome food, from expoſure to all changes of the weather, and from various other cauſes, are often viſited with ſickneſs, as well as with poverty; one, indeed, is conſequent upon the other, and thence they become the immediate objects of aſſiſtance. It is

then peculiarly neceſſary that the hand of pity ſhould be extended to ſoften the pangs of a ſick bed, and to reſtore health and eaſe to the Poor in affliction.

But, affecting as the picture of poverty, united with diſeaſe, may appear, it ſerves to heighten our approbation of the generous and benevolent ſpirit, which every quarter of this city nobly exhibits; the numerous hoſpitals and other munificent receptacles for our diſtreſſed fellow-creatures, are undeniable proofs of the piety, compaſſion, and liberality of the opulent, which no preceding age ever afforded. Greece had her exquiſite ſtatues, and Rome her public baths and edifices; but Chriſtianity hath raiſed monuments of compaſſion and beneficence, unknown both to ancient Greece and Rome.

In a free country, where the manners of the people are thus ſoftened and humanized, and amongſt whom mutual intereſts muſt perpetually ſubſiſt; a ſpontaneous gratitude will naturally ariſe in the Poor towards their benefactors, to repay by

their induſtry thoſe obligations which their unavoidable ſickneſs had incurred; they not only meet their families with pleaſure, but they are animated to follow their daily labour with redoubled chearfulneſs, and vigor.

I have been too intimately acquainted with the condition and manners of the Poor, to want facts in ſupport of what I advance; if I err, it will be in not doing ſufficient juſtice to that induſtry and gratitude, which they exemplify in their general deportment. Thoſe, who form their judgment from a ſuperficial obſervation of a few intoxicated objects, who are found in the moſt frequented places, are much miſtaken with reſpect to the body of the laborious Poor, who humbly ſeclude themſelves in miſerable courts and allies. Vice is bareſaced, and boldly expoſes itſelf in the open ſtreets; but modeſt worth ſteals from the public eye, and frequents the moſt ſolitary avenues: one vicious man, therefore, becomes more conſpicuous than a thouſand good men; and our concluſions cannot be juſt without being formed from

the

the whole, both with reſpect to the lower as well as the higher ſtations of life.

When I conſider the diſtreſſes of the Indigent, I rather admire that the inſtances of their miſconduct ſhould be ſo rare: when they behold the affluence, eaſe and indulgence of their ſuperiors; when, in ſpite of their utmoſt induſtry, they can with difficulty ſupport their families; and when ſickneſs and diſappointments ſupervene, it is not to be wondered at, if ſome expreſſions of diſcontent ſhould break forth amongſt them. But ſuch only can properly judge of theſe repinings, who have ſeen a whole family, that once experienced better days, confined to one chamber, and one ſolitary bed, with ſickneſs, with want, and a total incapacity to raiſe one penny: let ſuch try the experiment without murmuring, before they form a concluſion to the diſadvantage of the ſufferers.

Many of the habitations of the Poor have I entered, and been converſant with their ſufferings, and their reſignation under them; in both of which they have exceeded

ceeded many of their fellow-creatures, whoſe lot has caſt them in a ſuperior ſtation, and whoſe contentment under temporary miſeries, ſhould ever be ſuſtained by this comparative reflection:

"What myriads wiſh to be as bleſt as I!"

SHENSTONE.

Great cities are like painted ſepulchres; their public avenues, and ſtately edifices, ſeem to preclude the very poſſibility of diſtreſs and poverty: but if we paſs beyond this ſuperficial veil, the ſcene will be reverſed; the pleaſing lights and ſhades of the picture will be blended with, and loſt in, a dark back-ground.

A man, converſant only with the common concerns of life, would infer, upon the leaſt reflection, that as families in the middle ſtation, with the utmoſt circumſpection, cannot reſtrain their expences under conſiderable ſums in each year; the laboring Poor, and many artizans, who cannot poſſibly acquire more than forty or fifty pounds in the ſame time, muſt be

liable to ſuffer much diſtreſs either when out of employment, or when viſited with ſickneſs. Temperance and labor render them prolific; and to ſupport a numerous family with all the neceſſaries of life, by their ſmall earnings, is an invincible proof of the œconomy and induſtry that generally prevail among them.

Sometimes, indeed, by ſucceſſive attacks of illneſs, they are incapable of procuring the common neceſſaries of life; they have literally wanted bread, as well as cloaths; and, inſtead of a bed, an old oil-cloth has been ſubſtituted, and the whole furniture of it has been a worn-out blanket, inſufficient to hide what decency requires. On ſuch a couch have been found a huſband, a wife, and two or three children, at once chained by diſeaſe, without any reſources to procure a morſel of bread; they have thus continued, till the payment for their wretched dwellings became due, when this diſmal confinement has been changed for the horrible reſtraint of a priſon, loaded with putridity and poiſon.

It muſt be owned, indeed, that ſuch examples of extreme diſtreſs do not very often occur; they are, however, much more frequent, than is uſually imagined by thoſe, who conſider the amazing ſum to which the poor-rates annually amount, and the various other proviſions calculated to relieve the indigent.

But from whatever cauſes the prevailing diſtreſſes of the poor may originate, preſent miſery requires preſent aid: whereby health, which is ſo neceſſary to their ſubſiſtance, will be ſooner reſtored; famine and a priſon avoided; the nation enriched by induſtry; and a hardy race of uſeful members preſerved to the community.

The occaſions of making ourſelves happy by extending relief to the needy, are numberleſs; and would ſeem adapted to diffuſe happineſs more generally among mankind. If affluence and independence could univerſally prevail, the benevolent would not experience the inexpreſſible pleaſure of relieving the diſtreſſed; neither could there exiſt that grateful ſatisfaction,

which

which modeſt indigence ever feels from well-timed ſuccour. In this city, however, there is no probability that theſe cauſes of mutual pleaſure will ever be removed; but, on the other hand, the affluence of ſome riſes in proportion to the neceſſities of others, whoſe wants ſilently petition for their aſſiſtance.

A little good, properly directed, is often great in it's increaſe: the widow's mite was not beſtowed in vain: no perſon, therefore, ſhould withhold his hand, from the reflection that a little can produce no benefit; but rather be animated to do good, by obſerving that great effects have reſulted from trifling cauſes; that the ſmalleſt ſpring is the ſource of a mighty river which waters numerous provinces; that the loftieſt oak of the foreſt is germinated from an acorn; and that the particle, which ſeems loſt in the ocean, may become a pearl of ineſtimable value.

There is a numerous claſs of the community, who are objects not leſs worthy of ſympathy and protection: I allude to domeſtic ſervants, who intereſt themſelves

in

in their different departments for the profit and pleaſure of their maſters; and who have hence a natural claim upon them for relief, when rendered incapable of labor by the attacks of ſickneſs. The female ſex, in particular, conſtitutes the majority of domeſtic ſervants in this city; they have been accuſtomed to the plenty of their maſter's table; and frequently receive indulgences to which the abject Poor have not been uſed: by this, and a continual intercourſe with people of decent manners, they acquire a degree of delicacy of body, as well as of ſenſibility of mind, that makes them leſs able to undergo difficulties, or expoſure to the wide world. Many of them who are born with tender frames, and delicate conſtitutions, exert themſelves ſo much in the diſcharge of their duty, as renders them liable to numerous ailments; and unwilling to complain for fear of incommoding a family, or incurring an expence which they themſelves are unable to ſupport, they patiently linger on, till diſeaſe becomes too deeply fixed to be eradicated. I have, indeed, been witneſs to the moſt laudable inſtances

of

of humanity in maſters and miſtreſſes of families, who, as ſoon as they have diſcovered the ſickneſs of their female ſervants, have evinced the tendereſt care of them; engaging the advice of the family phyſician or apothecary, and taking upon themſelves every expence that might accrue; and where ſervants meet with ſuch treatment, the aid of the Diſpenſary is not requiſite. In ſome families peculiar circumſtances may occur, and ſervants may be ſeized with certain diſeaſes, particularly of the infectious kind, which may render it highly expedient to remove them to lodgings; but the humane interference of maſters and miſtreſſes may ſtill be conducted with no leſs advantage and ſecurity to ſervants than if they were at home. There are, however, many heads of families, whoſe humanity does not riſe to ſuch complete efforts of genuine compaſſion. The tender domeſtic, whoſe ſickneſs is often occaſioned by an anxious deſire to pleaſe the family, is either left to diſcharge the expences of it, or turned out of the houſe at it's firſt commencement, for no other reaſon, but becauſe ſhe is ſick, and may

poſſibly

poſſibly die in the family. If we are made to aſſiſt and to do good to each other in the daily and common occurrences of life, how much more ſhould the tendereſt emotions of ſympathy be excited, and the moſt effectual relief be adminiſtered, in ſuch affecting ſituations? If we ſerve our fellow-creatures ſo far only as it creates us no trouble, where is the prevalence of Chriſtianity over ſelfiſhneſs? The removal to ſtrange lodgings, the ideas of anxiety thence excited, and the numerous fears which are apt, in ſuch a perplexed ſtate, to crowd in upon the mind of an inexperienced girl, who may have laboured for years without ſaving many ſhillings, all contribute to augment the firſt malady, and protract the cure.

Thus abandoned and out-caſt, what a ſcene of woe do the firſt returns of health exhibit? Perhaps far from her native home, without one real friend, but ſurrounded with many falſe ones of both ſexes, how unexpectedly do the misfortunes of a frail conſtitution, and the neglect of thoſe who ſhould have ſuccoured her

in diſtreſs, introduce her into a ſcene of life, to which, however ſhocking, neceſſity compels her to ſubmit at firſt, and habit afterwards reconciles her beyond redemption!

To ſervants, thus dangerouſly ſituated in families, I know that the Inſtitution referred to has been an uſeful and noble ſuccour. It has induced maſters and miſtreſſes to admit that relief, by which no expence is incurred; and, for the ſame reaſon, has encouraged ſervants to apply early for a cure, and before their diſorders were too deeply rooted in the conſtitution.

Thus not only the health but the morals of young people of both ſexes have been preſerved, and that tie between maſters and ſervants which humanity and juſtice have formed, has become firmly ſtrengthened; and, as I have generally obſerved, every kind aſſiſtance that domeſtics receive, is amply repaid by their fidelity, œconomy, and induſtry.

The Author having been frequently applied to, for the plan of similar Institutions, by persons in different parts of Europe and America, annexes that of the General Dispensary, as printed in the year 1796.

RULES

RULES AND ORDERS.

RULE I. THE Charity conſiſts of a Preſident, Eight Vice-Preſidents, a Treaſurer, and Governors, together with ſuch officers and ſervants as are from time to time thought neceſſary.

II. All perſons paying one Guinea or more annually, to the ſupport of this Charity, are Governors as long as they continue ſuch contribution, and may have one patient on the books at a time, for each Guinea ſubſcribed.

III. All perſons giving ten Guineas at one time, or contributing to that amount within the year, are Governors for life, who have the liberty of having two patients on the books at a time.

IV. Upon the payment of a legacy of fifty pounds or upwards to this Charity, the perſon paying the ſame becomes a Governor for life.

V. The Governors, on application to the Diſpenſary, will be furniſhed with proper Letters of Recommendation for admiſſion of Patients, which muſt be ſigned by the Governors ſo recommending, to prevent improper advantages being taken of the Charity.

VI. A Quarterly General Meeting is held on the ſecond Wedneſday in the months of March, June, September, and December, at which Meeting, nine Governors conſtitute a board.

VII. The Preſident, a Vice-Preſident, or the Treaſurer, may call a General Meeting at any other time, giving at leaſt one week's notice by advertiſement in three of the daily papers: if the Monthly Committee require a General Meeting, it is to be called in like manner.

VIII. The particular buſineſs for which an extraordinary meeting is called, is to be expreſſed in the advertiſement, and entered upon and determined at ſuch meeting, immediately after reading and diſpoſing of the minutes of the laſt General Meeting.

IX. At the General Meetings in June and December, a Committee of twenty-ſeven Governors, three of whom are a Quorum, is choſen to meet at the Diſpenſary, on the laſt Wedneſday in every month, for conducting the ordinary affairs of the Charity; at which Committee all Governors for life may attend and vote.

X. The Committee, at every Monthly Meeting, are to chooſe, from among themſelves, twelve to attend at the Diſpenſary as Houſe-Viſitors for the enſuing month.

XI. At the laſt meeting of the Committee in May and November, they are to conſider of, and recommend, proper perſons to ſucceed them as a Committee (in which not more than thirteen of the old Committee are to remain) for the enſuing half year, and at their laſt meeting in every quarter, prepare the buſineſs to be laid before the General Quarterly Meeting.

XII. The Preſident, Vice-Preſident, and Treaſurer, are members of all Committees.

XIII. At the Quarterly General Meeting in December, a Committee of five Governors is appointed to audit the Treaſurer's accounts for that year.

XIV. All ſuch Governors as practiſe phyſic, ſurgery, or pharmacy, or are converſant in the knowledge of drugs, are a ſtanding medical Committee, to inſpect the drugs and medicines, examine the bills for the ſame, and report thereon, as they ſee occaſion, to the Monthly Committee; any three of ſuch Governors to be a Quorum.

XV. There is an Anniverſary Dinner between the firſt day of February, and the thirtieth of April, on a day appointed by the Monthly Committee, when a ſtate of the Charity is laid before the Governors.

XVI. No

XVI. No bye-law, rule, or order, whether propoſed at a General Meeting, or at a Committee, is binding, or has any force or effect, until the ſame is agreed to and confirmed by the next ſucceeding General Meeting, whether Quarterly or extraordinary; and the ſame method is obſerved in the altering or repealing any ſuch bye-law, rule, or order, after they ſhall have been ſo confirmed.

XVII. Every election of officers and ſervants of the Charity (except ſuch ſervants as have been uſually appointed by the Monthly Committee) is by ballot, and determined in one day, between the hours of ten in the forenoon, and three in the afternoon: and all other affairs and buſineſs of the Charity tranſacted at any General Meeting, and all queſtions ariſing thereupon, are decided by vote. The act or opinion of the majority of the Governors, ſo balloting or voting, is concluſive and binding.

XVIII. Not more than ſix weeks, nor leſs than three, is allowed from the declaration of any vacany at a General Meeting to the election.

XIX. Nobility, Members of Parliament, and Ladies, may vote at any election by another Governor, as Proxy, authorized in writing.

XX. No new Governor can vote at any election, but ſuch as ſhall have paid his ſubſcription

four days previous to the commencement of the ballot.

XXI. No perſon can vote on any queſtion for the making, repealing, or altering of any law, rule, or order of this Charity, who hath not been a Governor ſix calendar months.

XXII. No perſon can vote on any queſtion in which he is intereſted.

XXIII. In all caſes of an equality of ballots or votes, the Chairman for the time being is entitled to a ſecond, or caſting, ballot or vote.

XXIV. No ſervant of the Charity is to take of any tradeſman, patient, or others, any reward or gratuity, directly or indirectly, on pain of being immediately diſcharged.

XXV. The ſervants of the Charity are to attend the General Meetings and Committees, to give ſuch information, and do ſuch buſineſs as may be required.

Monthly Committee.

They conduct the ordinary affairs of the Charity, and whenever they judge proper to propoſe any new regulation, lay the ſame before the next General Meeting for confirmation.

They

They examine all tradeſmen's accounts, and order payment of ſuch as appear proper.

They appoint a day for an Anniverſary Dinner, and make choice of Stewards for providing the ſame, in default of the preceding Stewards naming ſucceſſors.

House Visitors.

Two of them attend every forenoon at the Diſpenſary, during the hours of buſineſs, to ſee that the regulations of the Charity are carried into execution, and report to the next Monthly Committee ſuch matters as they judge neceſſary.

Physicians.

One of the Phyſicians attends at the Diſpenſary at nine o'clock every day (Sundays excepted) to give advice to ſuch out-patients as come properly recommended, and afterwards viſits the home patients at the places of their abode, as the caſe may require.

Out-patients are ſuch as are able to attend the Diſpenſary; home-patients ſuch as are not able to attend, and who live within the City of London, or liberties thereof.

If any of the Phyſicians, from indiſpoſition, be incapable of attending, one of the other Phyſicians

is

is to attend in his room; and no Phyſician is to abſent himſelf from any other cauſe, without one of the other Phyſicians engaging to officiate in his ſtead.

They have liberty for their pupils to attend them in the buſineſs of the Charity, but the pupils are not to preſcribe for the patients.

Surgeons.

One of the Surgeons attends at the Diſpenſary at ten o'clock every day (Sundays excepted) for the purpoſe of examining and relieving out-patients, and afterwards viſits the home-patients at their own habitations.

The ſame regulations are to be obſerved in caſe of the indiſpoſition or abſence of a Surgeon, as are before mentioned with reſpect to the Phyſicians.

They have liberty for their pupils to attend them in the buſineſs of the Charity, but the pupils are not to perform any operation, unleſs by the direction, or in the preſence, of one of the Surgeons.

No capital operation is to be performed, but by the advice and conſent of a majority of the Phyſicians and Surgeons.

The Phyſicians and Surgeons hold conſultations on all difficult caſes.

Apothecary.

Apothecary.

He conſtantly reſides at the Diſpenſary, to compound and diſpenſe the medicines preſcribed by the Phyſicians and Surgeons, delivering therewith a printed or written order or label. He is to enter the tradeſmen's bills in the ledger, and keep the accounts reſpecting the ſame: but not during the hours of attendance of the Phyſicians and Surgeons.

He is to take care of the medicines, utenſils, and other effects of the Diſpenſary, and that none be waſted, ſpoiled, or embezzled.

He is allowed one or more perſons to aſſiſt him in his buſineſs, under ſuch reſtrictions, and at ſuch allowance, as the Monthly Committee judge proper.

He is not to abſent himſelf from the Diſpenſary, on any account whatever, without leaving a note where he may be found, or taking care that one of his aſſiſtants be there until he returns: nor is he to be abſent one whole day or night, without leave from the Preſident, Vice Preſident, the Treaſurer, or Monthly Committee; and in ſuch caſe, he is to procure another Apothecary to officiate, to be approved of by the perſons giving him ſuch leave.

He is not to practiſe as an Apothecary, except in the buſineſs of the Charity.

Secretary.

He is to be preſent at all Meetings and Committees, at the hours appointed, unleſs neceſſarily prevented, in which caſe he is to ſend a deputy.

He is to keep the proceedings of the Charity in a methodical manner, and in proper books, and do all ſuch buſineſs as is requiſite, and commonly done by the Secretaries at other Charities.

House-Clerk.

He is to keep a regular liſt of the Governors of the Charity, and attend at the Diſpenſary during the hours of buſineſs, to receive all letters of recommendation; to examine whether the perſon recommending is entitled ſo to do; and to keep a regiſter of the patients under cure, ſpecifying the time of admiſſion, on whoſe recommendation, whether home or out-patients, and under which Phyſician's or Surgeon's care received; and to furniſh the patients when diſcharged with letters of thanks.

He is to make out rotation-liſts, and ſummonſes, for the Houſe-Viſitors, to be delivered by the meſſenger.

He is to collect the tradeſmen's bills, and lay them before the Monthly Committee.

He

He is from time to time to enter the names of the ſubſcribers, and their payments, in the book kept for that purpoſe.

Collector and Messenger.

He is to keep a complete liſt of the Governors, and regularly collect the Subſcriptions to the Charity as they become due, and pay the ſame to the Treaſurer on the laſt Wedneſday in every Month, or oftener if required. In caſe of the abſence of the Treaſurer, he is to pay the money to one of the Bankers of the Charity.

He is to lay before every Monthly Committee the names of new Subſcribers, and of ſuch as are deceaſed, or have declined.

He is to deliver all ſummonſes, letters, and meſſages, and attend all General Meetings and Committees.

He is to find two ſecurities, to be approved of by the Monthly Committee, who are to be bound with him in a bond of five hundred pounds, for the faithful diſcharge of the duties of his office.

Rules to be obſerved by the Patients.

1. No perſons are deemed objects of this Charity, but ſuch as are really neceſſitous.

2. The

2. The Diſpenſary is open for the reception of recommendatory letters, and admiſſion of patients, every day (Sundays excepted) at nine o'clock.

3. The patients are to continue to attend the Phyſician or Surgeon who firſt received them under his care.

4. All patients, without reſtriction, who come properly recommended, are preſcribed for: but no patients are viſited at their own habitations, except ſuch as reſide within the city of London, or the liberties thereof.

5. If any patient neglect to attend the Phyſician or Surgeon at the Diſpenſary for ten days, ſuch patient is to be diſcharged.

6. The patients are to keep their letters under cover, in order to preſerve them clean, and at the end of every month to get them re-ſigned by the ſame Governor.

7. The patients requiring only a repetition of the medicines, are to apply for them between the hours of four o'clock in the afternoon, and ſeven in the evening.

8. Home patients are always to ſend their letters of recommendation by ſome proper perſon to the Diſpenſary, on the days of the Phyſician's or Surgeon's attendance under whoſe care they are.

9. The

9. The patients are to furniſh themſelves with phials, &c. neceſſary to contain their medicines; they are to behave themſelves decently and ſoberly, and to conform ſtrictly to ſuch rules as are given them, or be immediately diſmiſſed.

10. The patients, when cured, are to deliver their letters of recommendation at the Diſpenſary, and receive a letter of thanks, which they are to deliver to the Governor who recommended them: on neglect thereof, they are not to be admitted to any future benefit from this Charity.

All complaints reſpecting patients are to be made by a Governor, to the Houſe-Viſitors, who attend at the Diſpenſary every day, and who are to rectify the ſame, if in their power; or refer ſuch complaints to the conſideration of the Monthly Committee.

Form

Form of a LETTER of Recommendation.

TO THE

Governors of the General Diſpenſary, in Alderſgate-Street,

FOR RELIEF OF THE POOR.

GENTLEMEN,

I Recommend

believing *to be a proper Object of this Charity.*

GOVERNOR.

Day of 179

*** *The* GOVERNORS *are particularly requeſted to underwrite their Places of Abode with their Names, and not deſtroy the old Letters of Recommendation when renewed; but order the Patients to return them to the Diſpenſary.*

RULES TO BE OBSERVED.

1. No Persons are deemed Objects of this Charity, but such as are really necessitous.

2. The Dispensary is open for the Reception of Recommendatory Letters, and Admission of Patients, every Day (Sundays excepted) at Nine o'Clock.

3. The Patients are to continue to attend the Physician or Surgeon who first received them under his Care.

4. All

4. All Patients, without Restriction, who come properly recommended, are prescribed for; but no Patients are visited at their own Habitations, except such as reside within the City of LONDON, or the Liberties thereof.

5. If any Patient neglects to attend the Physician or Surgeon at the Dispensary for Ten Days, such Patient shall be discharged.

6. The Patients are to keep their Letters under Cover, in order to preserve them clean, and at the End of every Month to get them re-signed by the same Governor.

7. The Patients requiring only a Repetition of the Medicines, are to apply for them between the Hours of Four o'Clock in the Afternoon, and Seven in the Evening.

8. Home-Patients are always to send their Letters of Recommendation by some proper Person to the Dispensary, on the Days of the Physician's or Surgeon's Attendance under whose Care they are.

9. The Patients are to furnish themselves with Phials, &c. necessary to contain their Medicines; they are to behave themselves decently and soberly, and to conform strictly to such Rules as are given them, or be immediately dismissed.

10. The Patients, when cured, are to deliver their Letters of Recommendation at the Dispensary, and receive a Letter of Thanks, which they are to deliver to the Governor who recommended them: on Neglect thereof, they are not to be admitted to any future Benefit from this Charity.

(*** *The Names of the* PHYSICIANS *and* SURGEONS, *with the Days they attend, to be inserted here, for the information of the Poor.*)

*** A Consultation is held upon all difficult Cases.

Form

GENERAL DISPENSARY,

FOR

RELIEF OF THE POOR,

Alderſgate Street, 179

HAVING been by your Recommendation received as a Patient under the Care of

and diſcharged this Day

I beg Leave to return my moſt humble and hearty Thanks for the ſame.

SECTION II.

Hints for the Eſtabliſhment of a MEDICAL SOCIETY *in London.*

NOTHING has contributed more to the advancement of Science, than the eſtabliſhment of literary Societies. Theſe excite a generous ardour in liberal minds, and raiſe even envy itſelf into uſeful emulation.

In Medical Science, which rational eſtimation has placed firſt in the ſcale of honour, the ſcience which propoſes the nobleſt object for its end, the preſervation and reſtoration of health; the improvements which have already reſulted from the formation of ſocieties, are well known to the medical world.

The principal part of our knowledge muſt be ever derived from comparing our own obſervations with thoſe of others. In this view the utility of Societies, which

afford an opportunity for the mutual communication of our thoughts, muſt be ſufficiently apparent. Deceaſed authors cannot ſolve all our difficulties, nor will the obſervations made in other ages and climates, hold always true in our own.

There are ſome circumſtances peculiarly favourable to a riſing Society. Each member thinking the honour of the aſſociation in ſome meaſure dependent upon himſelf, is ſtimulated to the higheſt exertion of his powers; unawed by the fame, and fearleſs of being eclipſed by the luſtre of his predeceſſors, no damp is caſt upon the vigour of that genius, which can alone produce great diſcoveries.

The intention of this Society will be to give the practitioners in the healing art, frequent opportunities of meeting together, and conferring with each other, concerning any difficult or uncommon caſes which may have occurred; or communicating any new diſcoveries in medicine which have been made, either at home or abroad.

Medical

Medical papers, which may tend to the advancement of the Science, ſhould be received by the Society, and ſuch as may be deemed worthy of publication, carefully preſerved, until ſufficient matter for a volume may be collected.

Many uſeful facts are loſt from the want of a proper opportunity of conveying them to the world; and though when conſidered ſeparately, they might not be of ſufficient importance to claim the attention of the public; yet when a number of them may be collected together, they may become highly deſerving of notice. To ſuch facts, when properly authenticated, the Society will always be particularly attentive.

In order to excite practitioners to bring thoſe talents to light, which would otherwiſe lie buried and uſeleſs to the community, the Society ſhould reſolve to hold forth honorary rewards to thoſe who ſhall improve the medical art; and although this has not been hitherto attempted in theſe kingdoms, yet ſuch an example might appear not unworthy of imitation.

It is remarkable that amongſt the different aſſociations which have been eſtabliſhed in this metropolis, a Society for founding a Medical Library, for the uſe of its reſpective members, hath been ſo little attended to. An inſtitution of this kind is ſo apparently uſeful and intereſting to thoſe, who are deſirous of obtaining an eaſy acceſs to the beſt ancient and modern authors, that it requires no apology for the promotion of a Medical Library, that the members of the Society may obtain an eaſy acceſs to the beſt ancient and modern authors.

London, June 23, 1773.

Since the above period of time, the Medical Society can claim ſome of the firſt medical characters in Europe, among its members; the Library is well ſtored with many valuable volumes, and four volumes of its memoirs, have already been publiſhed: beſides, it has offered prize queſtions, to excite inveſtigation, and diſtributed

tributed various honorary medals to the ſucceſsful candidates.

A Society ſo wiſely inſtituted, and ſucceſsfully ſupported, might form an excellent model for ſimilar eſtabliſhments, to promote which, the preſent rules of the Society are annexed.

STATUTES

STATUTES
OF THE
MEDICAL SOCIETY
OF
LONDON;
INSTITUTED
M. DCC. LXXIII.

CHAP. I.

Of the Qualifications, Election, and Admiſſion of Members.

1. THE Society ſhall conſiſt of Phyſicians, Surgeons, and Apothecaries; and others, verſed in ſciences connected with medicine; divided into Fellows, Honorary, and Correſponding Members.

2. The Fellows alone ſhall direct the affairs of the Society, and be eligible to any office.

3. No perſon ſhall be eligible as a Fellow, unleſs reſident in the city of London, or within ſeven miles thereof; nor ſhall any perſon reſiding within that diſtance, be eligible as a Correſponding Member.

4. No

4. No Phyſician ſhall be eligible as a Fellow, who is not a member of the College of Phyſicians of London, or who does not produce a diploma, and teſtimonials of his having ſtudied medicine regularly at ſome Univerſity.

5. No Surgeon ſhall be eligible as a Fellow, who has not been approved of by the court of examining Surgeons of London.

6. No proprietor of any empyrical noſtrum can be a member.

7. Every candidate for admiſſion as a Fellow of the ſociety, muſt be recommended by three or more Fellows, on their perſonal knowledge; but the recommendation of a Correſponding or Honorary Member, may be founded on an acquaintance with his character or writings.

8. The recommendation, containing the profeſſion and place of abode of the perſon propoſed for election, ſhall be delivered to one of the Secretaries, and firſt read in the council; that they may be ſatisfied that the perſon recommended has been informed of the regulations of the Society, and is eligible according to its ſtatutes: It ſhall then be read at the enſuing meeting of the Society, and hung up in the common meeting room for *three* ſucceeding ordinary meetings, if the recommendation be of an *honorary* or *correſponding* member; but

but if of a *fellow*, it ſhall be hung up for *ſix* ordinary meetings; and on the laſt of theſe meetings, the votes ſhall be taken by ballot, if eight Fellows be preſent; and if three fourths of the Fellows preſent ballot in favor of the candidate, he ſhall be declared duly elected.

9. If it appear upon the ballot, that the perſon propoſed, is not elected, no notice thereof ſhall be taken in the minutes.

10. The admiſſion of every perſon who may be choſen a Fellow, ſhall be at ſome ordinary meeting, when, after he has paid his admiſſion fine, he ſhall ſign the following obligation; viz.

We whoſe names are hereunto ſubſcribed, promiſe, that we will endeavour to promote the honour, and obſerve the ſtatutes and regulations of the Medical Society of London, as long as we ſhall continue Members thereof.

11. The Preſident ſhall then take him by the hand, ſaying,

In the name, and by the authority of the Medical Society of London, I admit you a Fellow thereof.

12. If any Correſponding Member ſhall come to reſide in London, or within ſeven miles thereof, and deſire to continue in the Society, notice thereof

ſhall

ſhall be hung up in the meeting room for three ſucceſſive nights: and on the third he ſhall be ballotted for as a Fellow, and if elected, ſhall be admitted on making the uſual payment and ſigning the obligation.

13. Any Fellow, going to reſide in the country ſhall, if he deſire it, be conſidered as a Correſponding Member during his abſence.

14. Perſons of diſtinguiſhed character, eminently verſed in ſciences *connected with* medicine, may be elected as *Honorary* Members.

15. Honorary and Correſponding Members, ſhall have the privilege of being preſent at all meetings of the Society.

CHAP. II.

Of the Payment of Admiſſion Fines, Annual Contributions, &c.

1. Every perſon elected a Fellow, ſhall pay the ſum of *Two Guineas*, as his fine of admiſſion, and *One Guinea*, for his firſt years contribution.

2. Every Fellow ſhall pay to the Society, one guinea annually.

3. If any Fellow ſhall advance the ſum of ten guineas above his admiſſion fine, or, at any period, the

the ſame ſum above all arrears then due, he ſhall be exempted from all future payments.

4. No fine, or annual payment is expected from Honorary or Correſponding Members.

5. If any perſon neglect to pay his admiſſion fine within two months after being elected, unleſs prevented by ſome unavoidable impediment, his election ſhall be void, and he ſhall be incapable of being propoſed again for the ſpace of one year.

6. No perſon ſhall have a vote in the Society, whoſe annual contribution is unpaid.

7. If any Fellow ſhall neglect the payment of his annual contribution for two years, he ſhall, at the end of two months after notice thereof has been given him by the Secretary without effect, be no longer a member.

CHAP. III.

Of the Officers and Council; and their election.

1. To conduct the affairs of the Society, there ſhall be annually elected a Preſident, Treaſurer, Librarian, three Secretaries, a Regiſter, and the ſeven following Committees, (each conſiſting of *five* members) who together ſhall conſtitute THE COUNCIL.

COMMITTEES.

COMMITTEES.

I. *Theory and Practice.*
II. *Anatomy and Phyſiology.*
III. *Surgery.*
IV. *Midwifery.*
V. *Materia Medica, and Pharmacy.*
VI. *Botany and Natural Hiſtory.*
VII. *Natural Philoſophy and Chemiſtry.*

2. This election ſhall be by ballot, on the firſt general meeting.

3. A particular ſummons ſhall be ſent to every Fellow together with two printed liſts, at leaſt three days before the time of election: One of theſe liſts ſhall contain the name of every Fellow, with marks affixed, ſhewing what office he has formerly held, or now holds in the Society. The other ſhall have the offices printed, with blank ſpaces left for inſerting the names of perſons thought proper for each department.

4. Every Fellow balloting, ſhall deliver his name to one of the Secretaries, and afterwards put either the printed liſt filled up, or a written one, into the balloting box.

5. The ballot ſhall begin as ſoon after the hour of two, as eight fellows ſhall be preſent; and be cloſed at three o'clock.

6. The

6. The ſcrutiny ſhall begin at three o'clock, and the liſts ſhall be examined by an officer, together with three Scrutators, drawn by lot by the Preſident.

7. Should a liſt contain more names to fill up any department than are proper, the irregular part ſhall be ſet aſide, and the remainder taken, as if no ſuch miſtake had exiſted.

8. No perſon ſhall be eligible to any office, if twelve months in arrear when the liſts are ordered to be printed; which ſhall be done by the Council, eight days at leaſt before the election.

9. If any doubt or difficulty ſhould ariſe during the election, it ſhall be determined by the majority of the Council of the preceding year then preſent.

10. If any vacancy happen between the anniverſary elections, it ſhall be filled up by ballot.

CHAP. IV.

Of the Preſident.

1. The Preſident ſhall take the chair at all meetings of the Society. He ſhall regulate all debates, and prevent any from being proſecuted upon trivial ſubjects. He ſhall ſtate and put all queſtions, according to the intention of the movers. He ſhall ſummon

ſummon all extraordinary meetings of the Society, and enforce the execution of their ſtatutes.

2. In the Preſident's abſence, the Treaſurer, or Librarian, and in *their* abſence, the ſenior member of the Council or Fellow of the Society who is preſent, ſhall take the chair for that meeting.

3. The Preſident, ſhall have a ſecond vote, when the ſuffrages are equal.

4. The Preſident, whilſt in the chair, ſhall be covered, except when addreſſing himſelf to the whole Society.

CHAP. V.

Of the Treaſurer.

1. The Treaſurer, or ſome perſon appointed by him, ſhall receive all money due to, and pay all money due from, the Society, and keep an account of all ſuch receipts and payments.

2. The Treaſurer's accounts ſhall be audited by the Council immediately before two general meetings of the Society, or at any other time when they require it.

3. No ſum of money exceeding five pounds ſhall be paid, except by order of the Council.

4. All

4. All ſums of money for which there ſhall be no preſent occaſion, ſhall be laid out in ſuch ſecurities as the council may approve.

CHAP. VI.

Of the Librarian, Library, and Muſeum.

1. The books ſhall be properly arranged, and each volume diſtinctly numbered. An alphabetical catalogue ſhall be kept of all the printed books, expreſſing the edition of each, place where printed, date, ſize, price, and number as it ſtands in the library. A ſeparate catalogue ſhall be kept of the manuſcripts, ranged under proper heads. Theſe catalogues ſhall be always open for the inſpection of every member.

2. A printed paper ſhall be affixed to each volume, containing the name of the Society, the number of the book, and an abſtract of the laws relating to the receiving and returning of books; and if it were preſented to the Society, the donor's name ſhall be entered in it.

3. Any member ſhall have the liberty at ſtated times of viſiting the library, and reading and taking extracts from the books or manuſcripts.

4. Every member deſiring a book, ſhall apply for it between the hours of ſix and eight in the evenings

evenings on Mondays, and five and ſix on other evenings, and ſhall write down on a ſlip of paper, the number and title, and ſhall ſign and date it: The Librarian or his deputy ſhall file the paper, and deliver it back, or cancel it, when the book is returned to the library; and any perſon taking a book without ſuch written acknowledgment, ſhall forfeit three times its value.

5. If a book, when ſent for, be in the poſſeſſion of another member, an anſwer ſhall be returned, containing the name of the perſon who has it, and the time when taken out of the library.

6. No member ſhall have more than two volumes at a time in his poſſeſſion.

7. Any member detaining a pamphlet or volume in duodecimo above one week; an octavo two weeks; a quarto three weeks; or a folio four weeks, ſhall be liable to a penalty of one, two, three, or four ſhillings, in proportion to the ſize, for each week he ſhall detain it, provided ſuch penalty exceed not half the value affixed to the book by the council.

8. The council ſhall deſignate certain manuſcripts and books of value, which ſhall not be taken out of the library, without their written permiſſion.

9. All pamphlets and books ſhall remain in the library for the ſpace of one, two, three, or four weeks,

weeks, (according to their ſize,) after they have been received.

10. A member who ſhall loſe, or injure a book belonging to the Society, ſhall replace it, or make ſuch compenſation as the council may think proper.

11. No member, without leave of the Librarian or his deputy, ſhall take any book from its place.

12. All books ſhall be returned before the general meeting in March, for the inſpection of the Librarian on entering into his office. Every perſon neglecting to return a book at that time, ſhall forfeit half its value.

13. No book ſhall be purchaſed, unleſs by order of council.

14. No book or pamphlet ſhall, at any meeting, be ſuffered to lie on the table, excepting thoſe preſented the ſame evening.

15. The Librarian ſhall alſo have the care of the muſeum, no article thereof ſhall be removed without his permiſſion.

CHAP.

CHAP. VII.

Of the Secretaries.

1. There shall be *three* Secretaries; viz. *Two* in ordinary, and *One* for foreign correſpondence.

2. All papers intended for the uſe of the Society, shall be delivered to one of the Secretaries, who shall lay them before the Council.

3. The Secretaries shall read the minutes of the former meeting, and alſo any papers which have been referred to the Society by the Council.

4. They ſhall mark the time when any paper is delivered to them, that no perſon may be robbed of the title to a new thought or diſcovery.

5. One of the Secretaries shall officiate at all meetings of the Council.

CHAP. VIII.

Of the Regiſter.

1. The Regiſter shall conduct the writings and correſpondence of the Society.

2. He shall attend the meetings of the Society and Council, and, keep the minutes fairly entered in the proper Books.

3. He

3. He shall prepare anſwers to all Letters on buſineſs relative to the Society, and, preſerve copies of them.

4. He shall ſummon the Members to General and Special meetings, and, prepare the buſineſs of the Anniverſary Feſtival, and all extraordinary meetings.

5. He shall fill up the Diplomas of Honorary and Correſponding members, and, ſend them to the perſon ſigning the certificate of ſuch members.

6. He shall ſend the uſual Letter to all newly elected members.

7. He shall take notice of all members in arrears to the Society, and, admonish them of it.

8. He shall take charge of all papers relative to the Society, and, keep them properly arranged, and, if required, correct the Preſs of ſuch as are ordered to be printed.

9. He shall take care that the inſurance of the Society's property be regularly paid.

CHAP. IX.

Of the Council.

1. The Council shall chuſe from among their own members, two chairmen annually, who shall take the chair alternately.

2. They

2. They shall meet every Monday evening at ſeven o'clock, and have the power of adjourning to any future day.

3. An extraordinary meeting of the Council may be held at any time by order of the Preſident, one of the Secretaries giving notice of ſuch meeting to every Member.

4. Five Members ſhall be empowered to tranſact buſineſs.

5. All matters of complaint ſhall be firſt laid before the Council, who ſhall bring ſuch only, as they cannot adjuſt, before the Society.

6. The Council ſhall record their proceedings in a book kept for that purpoſe.

CHAP. X.

Of the ordinary Meetings of the Society.

1. The Society ſhall meet on every Monday, at the hour of eight in the evening.

2. When ſeven Fellows are preſent they ſhall proceed to buſineſs.

3. The book of Statutes ſhall lie on the table before the Preſident.

3. He shall prepare anſwers to all Letters on buſineſs relative to the Society, and, preſerve copies of them.

4. He shall ſummon the Members to General and Special meetings, and, prepare the buſineſs of the Anniverſary Feſtival, and all extraordinary meetings.

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4. Five Members ſhall be empowered to tranſact buſineſs.

5. All matters of complaint ſhall be firſt laid before the Council, who ſhall bring ſuch only, as they cannot adjuſt, before the Society.

6. The Council ſhall record their proceedings in a book kept for that purpoſe.

CHAP. X.

Of the ordinary Meetings of the Society.

1. The Society ſhall meet on every Monday, at the hour of eight in the evening.

2. When ſeven Fellows are preſent they ſhall proceed to buſineſs.

3. The book of Statutes ſhall lie on the table before the Preſident.

4. Buſineſs shall begin by reading the liſt of perſons propoſed as viſitors; who may be admitted by order of the Preſident.

5. The minutes of the preceding meeting shall be read; but no part of them diſcuſſed till the whole has been read over, and ſuch as are not objected to, shall ſtand confirmed.

6. Certificates in favor of Candidates for admiſſion into the Society shall then be read, and ballots taken for thoſe whoſe recommendations have been a ſufficient time before the Society.

7. Medical intelligence, or extracts of letters may next be laid before the Society.

8. Papers referred to the conſideration of the Society by the Council, shall be read.

9. No new Buſineſs shall be entered on after the hour of nine.

BOSTON MEDICAL LIBRARY ASSOCIATION.

CHAP. XI.

Of the General Meetings.

1. There shall be two general meetings every year; one on the eighth day of March, and the other on the firſt Monday in November.

2. At

2. At the firſt of theſe meetings,

i. The Officers and Council ſhall be elected.

ii. A Member ſhall be elected to deliver the Annual Oration the ſucceeding year.

iii. The Oration ſhall then be delivered.

iv. The names of the ſucceſsful Candidates for the honorary medals ſhall then be announced by the Preſident.

v. The Secretary ſhall read the return of the newly-elected Officers and Council, and declare the queſtions propoſed for the *Fothergillian* medals, for the two enſuing years.

3. The Member elected to deliver the Annual Oration, ſhall within one month ſignify to one of the Secretaries, whether he accepts or declines that honor, and in the latter caſe another Member ſhall be choſen in his ſtead, at the firſt ſucceeding ordinary meeting.

4. The ſecond general meeting ſhall be for conſidering the ſtate of the Society, examining the books, ſettling the accounts, and for making ſuch alterations and additions to the laws of the Society as may be thought neceſſary.

5. Beſides the two general meetings above mentioned, a general meeting ſhall be called by the Preſident and Council at any time when the intereſt of the Society may ſeem to require it, they giving notice thereof to each Fellow, at leaſt one week previous to ſuch meeting.

CHAP. XII.

Of the Medals.

1. The Society reſolve to give annually, to the author of the beſt diſſertation on a ſubject propoſed by them, a GOLD MEDAL, value ten guineas, called the *Fothergillian* MEDAL, for which the learned of all countries are invited as Candidates.

2. The queſtion for this medal ſhall be determined at the meeting of the Society preceding the general meeting in March.

3. Each diſſertation ſhall be delivered to the Secretary, in the Latin, Engliſh, or French language, on or before the firſt day of November.

4. With it ſhall be delivered a ſealed packet, with ſome motto or device on the outſide; and within, the author's name and deſignation; and the ſame motto or device ſhall be put upon the diſſertation, that the Society may know how to addreſs the ſucceſsful Candidate.

5. No

5. No paper with the name of the author affixed, can be received; and if the author of any paper shall diſcover himſelf to the Council, or to any Member thereof, ſuch paper ſhall be excluded from all competition for the medal.

6. All the diſſertations, the ſucceſsful one excepted, ſhall be returned, if deſired, with the ſealed packets unopened.

7. The Society propoſe to give *Two* SILVER medals annually: One of which ſhall be adjudged for the beſt Eſſay or Eſſays, read before the Society within the Year, written by a FELLOW; the other for the beſt Eſſay, or Eſſays, by a CORRESPONDING MEMBER, or by any perſon, NOT a Member of the Society.

8. Any Gentleman who has had the honor of acquiring the *Fothergillian* MEDAL, cannot come into competition for the SILVER MEDAL, at the adjudication of the Medals *in the enſuing Year*.

9. The adjudication of the Medals ſhall be veſted in the Council.

CHAP. XIII.

Of Papers for Publication.

1. Such papers as have been read in the Society ſhall be referred to the conſideration of the Council, and

and no paper shall be publiſhed unleſs two thirds ballot in its favour.

2. No paper shall be taken out of poſſeſſion of the Secretary, after it has been approved of for publication, nor shall any alteration be made in it without the conſent of the Council and author.

3. No Member of the Council shall vote or be preſent, when the propriety of publiſhing any of his own papers is agitated.

4. No requeſt for printing the Anniverſary Oration shall be valid, unleſs confirmed by the Council.

5. Each Fellow of the Society, whoſe contribution is not in arrear twelve months, shall receive *gratis* from the Librarian, one copy of ſuch Memoirs as may be publiſhed from time to time after his admiſſion.

CHAP. XIV.

Of Benefactions to the Society.

Every perſon who shall make any valuable preſent to the Society, shall receive their thanks; and have his name regiſtered in the catalogue of benefactors, with an account of his donation.

CHAP.

CHAP. XV.

Of Viſitors.

Each Member ſhall have the privilege of propoſing two viſitors at any ordinary meeting of the Society, and at the general meeting on the 8th. of March; whoſe names ſhall be entered in a liſt; and they ſhall be introduced as ſoon as it has been read over; and no viſitor ſhall afterwards be admitted without particular order from the Preſident.

CHAP. XVI.

General Laws.

1. All Members ſhall pay implicit obedience to the Preſident, in the execution of his office.

2. Any perſon intending to ſpeak in this Society, ſhall riſe and addreſs himſelf to the Preſident.

3. No Member ſhall ſpeak more than twice upon any ſubject, until all the Members preſent, inclined to ſpeak, ſhall have delivered their ſentiments.

4. When the determination of the Society is required on a queſtion, it ſhall be taken by ballot, if ſo demanded by any Fellow.

5. No queſtion ſhall be put on any motion, unleſs the motion be ſeconded.

6. When

6. When a motion is made and ſeconded, any Fellow may move that the ſenſe of the Society be taken whether ſuch queſtion ſhall be put.

7. All queſtions, excepting thoſe for which it is otherwiſe provided, ſhall be determined by a majority of the Fellows preſent.

8. No Member ſhall vote by proxy.

9. The Society ſhall have power to adjourn for any time during the ſummer ſeaſon, ſo that the adjournment ſhall not extend beyond the month of September; and alſo from the Monday preceding Chriſtmas-Day, to any time not exceeding the laſt Monday in January.

10. The Council ſhall nevertheleſs have power during ſuch adjournment, to meet as often as they ſhall find it requiſite, in order to tranſact ſuch buſineſs, and arrange ſuch papers as may come before them.

CHAP. XVII.

Of the making and repealing Regulations.

1. No new laws or regulations ſhall be made, nor old ones repealed or altered, but at the ſecond general meeting of the Society, or ſuch ſpecial general meeting as ſhall at any time be ſummoned for that purpoſe.

2. The

2. The making of new, and altering of old laws, or regulations, shall be firſt propoſed in Council; and if ſuch propoſition be approved, it ſhall be read in the Society at leaſt one month before a general meeting, and hung up in the Society's room until that time, when the queſtion reſpecting it ſhall be determined by ballot.

3. If two thirds of the Fellows preſent ballot in favour of the propoſed regulation, it ſhall be declared a law of the Society.

SECTION

SECTION III.

Hints reſpecting FEMALE *Character.**

——Keep within the rear of your affection,
Out of the ſhot and danger of deſire;
The chaſteſt maid is prodigal enough,
If ſhe unmaſk her beauty to the moon;
Virtue itſelf 'ſcapes not calumnious ſtrokes.

AS the Ledger breathes a ſpirit of benevolence and chaſtity, which has hitherto diſtinguiſhed it from moſt other periodical publications, I doubt not but the following lines, will find a place in a repoſitory ſo friendly to humanity, virtue, and the intereſts of the fair ſex.

There is a principle implanted in human nature, which excites a propenſity in each ſex towards the other, at a very early period of life; and ſupports an attachment to the lateſt moments of it. It is the grateful gift of heaven to every ſoil, and to all degrees of people; to the beggar equally with

* Printed in the Monthly Ledger, V. p. 635. Anno 1774.

with the prince on the throne: the tyrant cannot deſtroy it, nor can edicts quench the flame; but in all civilized Societies it has been found requiſite to reſtrain it from exceeding the limits of policy and good government; I ſay, becauſe the complicated intereſts of Society demand reſtrictions which are unknown, and unneceſſary where the property is in common with the people; and likewiſe, on account of the increaſe of this propenſity in countries where civilization, luxury and refinement, have enervated the minds of the people. For in nations of rude virtue, and ſimple manners, it fails in its vigour, as might be proved from the moſt authentic hiſtories. Hence, as mankind increaſed and approached nearer a ſtate of refinement, the inſtitution of marriage was more neceſſary, to the ſecurity and happineſs of the community. And it had very early, the countenance of the wiſeſt lawgivers; which ſecurity in Society, of the property of every individual, is liable to produce a deſire, to accumulate more than is neceſſary to the ſupport of the poſſeſſor, and muſt at once procure power and ambition,

which

which terminate in luxury. Whenever a people acquire this ſtate of refinement with it's concomitants; natural propenſities and affections, oftentimes yield to policy and ſchemes of aggrandiſement. Love, which ſhould be ſpontaneous, and free as the air we breathe, is bartered for gold and ſilver; and thoſe laudable paſſions which are unreſtrained in ruder countries, are turned out of their natural direction, and conveyed into channels of cold prudence, ambition and power. Thus the health and vigour of nations undergo revolutions as certain and progreſſive almoſt as the planets. In the preſent period, where men and women have too often a price affixed upon their affections, by the avarice of parents, or the luxury of the times; it is not to be wondered at by thoſe who conſider the propenſities of mankind, that human nature, thus unnaturally reſtrained, ſhould exceed the reſtrictions of policy and human laws. But a perſon of humanity, who contemplates objects with a ſenſe of his own frailty, will ever be indulgent to the deviations of his fellow-creatures; and recollecting the various means by which an unſuſpicious

unſuſpicious maid may be ſeduced, and her peace and innocence annihilated; he will pity while he condemns.

Nor with the guilty world upbraid
The fortunes of a wretch betray'd;
But o'er her failing caſt a veil,
Remembering he himſelf is frail.

BROOKS's Female Seducer.

As I have been long converſant with the unfortunate part of the ſex; I am enabled to relate the moſt affecting hiſtories of the origin of theſe misfortunes. But as this would render more public the poiſonous arts of deceit, which have been too ſucceſsfully practiſed, I ſhall not make your magazine the vehicle of ſeduction, but acknowledge that many an innocent creature has verified the poets affecting deſcription.

Long ſhe flouriſh'd,—
Grew ſweet to ſenſe and lovely to the eye;
Till at the laſt, a cruel ſpoiler came,
Crop't this fair roſe, and rifled all its ſweetneſs,
Then caſt it like a loathſome weed away.

ROWE.

The

The means however I know are not a few, and the unguarded moments amongſt even the innocent part of the female ſex not unfrequent; which are truths that every woman ſhould profit by, and every parent ſhould regard, in order to obviate the influence of avarice in their conduct; in bartering the affections and paſſions of their offspring for mercenary advantages, which were deſigned for happineſs, for joy and comfort.

For marriage is a matter of more worth,
Than to be dealt in by attorneyſhip.

As the unſuſpicious, in that moment wherein innocence is not upon the guard, may be led into that diſtreſſed ſituation, from which too few return, more from the contempt they meet with from their acquaintance, than from a vicious diſpoſition; how important is it to cultivate a ſpirit of compaſſion that endeavours to reclaim and protect a friend, thus ſuddenly plunged into diſtreſs; inſtead of that uſual diſregard which drives the unhappy victim from the example

example of virtuous company, to a courſe of conduct which at firſt ſhe was incapable of purſuing.

Alas, thoſe ſhrinking friends decline,
Nor longer own that form divine;
With fear they mark the following cry,
And from the lonely trembler fly:
Or backward drive her on the coaſt,
Where peace was wreck'd and honour loſt,
From earth thus hoping aid in vain,
To heaven not daring to complain;
No truce by hoſtile clamour given,
And from the face of friendſhip driv'n,
The nymph ſinks proſtrate on the ground
With all her weight of woes around.

BROOKS's Female Seducer.

In this recent agony of diſtreſs, ſometimes indeed the hand of pity, of friendſhip, and of humanity, has been extended, and ſeldom in vain. There is no ſtate demands more movingly the tear of compaſſion; nor is there any more worthy to touch the boſom of either ſex with ſympathy, and animate it to afford protection. May I, fair readers, induce you thus to think and act towards your unfortunate ſiſters, before

vice

vice becomes habitual, and the amiable characters of ſenſibility and affection are converted into a polluted channel. Some who once ſeemed devoted to deſtruction, I now have the happineſs to be acquainted with, who have lived to bleſs and animate the attachments of their huſbands, and the pious reſolutions of the fruit of their affections; what a ſource of happineſs muſt you acquire, ſhould your charitable endeavours be crowned with ſucceſs, and allow you to join the amiable author of the Fool of Quality in his chearing invitation.

Lovely penitent, ariſe,
Come and claim thy kindred ſkies;
Come, thy ſiſter angels ſay,
Thou haſt wept thy ſtains away.

You have an example of benevolence, in the deciſion of Chriſt, which the more you contemplate, the more your ſympathy will be excited towards the unfortunate of your ſex, and the more readily your forgiveneſs and aſſiſtance will be extended to them, in that ſtate of diſtreſs, when the mind is not irreclaimable; which example

inſpired

inſpired the moral bard in his Meaſure for Meaſure.

How would you be,
If he, who is the top of judgment, ſhould
But judge you as you are. ———

Hitherto, I have pleaded for pity toward thoſe who have really deviated from the paths of chaſtity, when rigid virtue may have ſome pretext for admitting neglect and contempt of the unfortunate; but humanity muſt be ſhocked at the facility with which many perſons of each ſex receive inſinuations againſt the reputation of innocent females, of a certain gaiety or rather elegance of behaviour; and, who inſtead of inveſtigating the truth by indulgent candour, or ſuſpending their credulity, or reflections, from a conſideration of what they would wiſh others to do, were they in the ſame predicament, are too liable to breathe the whiſper of calumny into public report; which added to a cold indifference of treatment, form the moſt likely methods of driving the injured innocent to realize, what detraction alone firſt fabricated.

These reflections are not the result of mere speculation, but are deduced from examples in real life, where I have taken some pains to tear away the obloquy which has been thrown over some young women of my acquaintance, and to restore the diamond of female innocence to its genuine lustre and value; but, as this essay is already extended to a considerable length, I shall conclude it in the words of an eminent Writer, addressed to young women. "Nothing can be more certain, than that your sex is, on every account, intitled to the shelter of ours; your softness, weakness, timidity, and tender reliance on man; your helpless condition in yourselves, and his superior strength for labour, ability for defence, and fortitude in trial; your tacit acknowledgment of these, and frequent application for his aid, in so many winning ways, concur to form a plea, which nothing can disallow or withstand, but brutality."

SECTION

SECTION IV.

Hints for Eſtabliſhing a SOCIETY *for promoting uſeful* LITERATURE.*

THE benefits that reſult from the moſt important diſcoveries, as well as the inconveniencies to which they are liable, depend chiefly upon the application of them to the purpoſes of ſociety. There is ſcarcely a bleſſing that may not be perverted, and inſtead of being cheriſhed for the promotion of happineſs, may become a ſource of miſery and injuſtice.

In the hiſtory of modern diſcoveries, none appear of more importance than the invention of the mariner's compaſs, and the art of printing, and they equally confirm the truth of this poſition. The firſt of theſe diſcoveries gave us a new hemiſphere, aided by the capacious genius of Columbus, and might appear peculiarly

* Firſt printed in the Gentleman's Magazine, anno 1780. Vol. 50. p. 183.

calculated to promote the general good of mankind; but avarice and injuſtice have tarniſhed the glory of the Neapolitan diſcovery* which, while it doubled to us the globe, in proportion multiplied rapine, and tended to diminiſh the inhabitants of both the old and new hemiſpheres.

It is not, however, my deſign to dwell upon this ſubject: but to turn my attention to that of printing, the effects of which are obvious, and immediately intereſt all ranks of the community; as, upon thoſe principles which literary productions impreſs upon the mind, the manners and conduct of individuals are in a great meaſure formed; hence it becomes the duty of ſociety, to uſe every endeavour to prevent the injuries, and ſecure the benefits which may reſult from ſuch productions. Whilſt we abhor and withſtand the cruel and bloody edicts of power and bigotry, which in a ſingle page conſigns thouſands to death, or robs them of thoſe rights and privileges that are dearer than life, let us not be in-

* Flavio Givia, a native of Amalfi made this diſcovery anno 1302.

different

different to the ſlow, inſidious, and not leſs dangerous influence that flows from the abuſe of the preſs, in publications, either immediately or ultimately unfriendly to virtue.

On this ſubject I have frequently turned my thoughts, and as often wiſhed that a remedy adequate to the evil could be adopted, where probably it might be done, by exciting the public to the eſtabliſhment of *a Society for promoting uſeful Literature.*

In France, literary patronage is faſhionable among the great; but in this country we boaſt of no Mecænas, the patronage of affluence being principally devoted to a political line. The ſingle protection indeed of the greateſt individual would avail but little, and would, at the beſt, ultimately expire with the patron; but could popular patronage be excited, it's permanency would be certain, it's extent ample, and the means adequate to the neceſſary end.

When

When an author, by much expence of labour and time, informs and improves the community by his publications, it's patronage is undoubtedly due to him; the members of it are his debtors for the inſtruction he has ſpontaneouſly diffuſed; and what a pleaſure muſt it afford a generous public, united in *a Society for promoting uſeful Literature*, to encourage, by ſome ſuitable gratuity, the ingenious labours of an indigent, but uſeful writer! Had ſuch a ſyſtem been adopted, the amiable, but unfortunate author, whoſe Travels through North America, afforded a large and uſeful extract in your Magazine for february laſt, had not miſerably periſhed, through want, in the metropolis of a literary nation.*

When

* The following Indian Grant was made to Captain Carver in the year 1767, which I introduce here to record a fact, highly creditable to the Indian character. After the independence of America, the governing powers there, treated with the Indians for the ceſſion of certain lands; but in every treaty, the latter ſcrupulouſly excepted the immenſe tract, formerly conveyed to Captain Carver. Owing to this circumſtance the lands included in his Grant, could not be conveyed to ſettlers and purchaſers till

When the ſituation of an author is above the want of a pecuniary gratuity, the *Society* might evince their approbation of his labours by honorary rewards. In ſuch a liſt we might expect the rival of Livy, in the author of the hiſtories of Scotland, Charles the fifth, and North America: The learned Bryant, whoſe analyſis has ſo amply developed the chaos of antient mythology:

till the year 1796. What a fortune! Had he lived to poſſeſs this land, the man who died through want, might have become the wealthieſt freeholder in the world! I have made application to the ruling powers in America in favour of his ſurviving orphan daughter, in conſequence of the following Indian Grant.

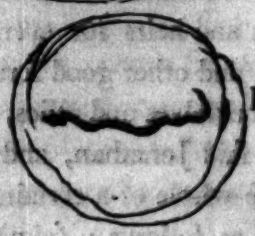
" To Jonathan Carver, a chief under the moſt mighty " and potent George the third, king of the Engliſh and " other nations; the fame of whoſe courageous warriors " have reached our ears, and has been more fully told us " by our good brother Jonathan aforeſaid, whom we re- " joice to ſee come among us, and bring us good news " from his country. We, chiefs of the Naudowiſſies, " who have hitherto ſet our ſeals, do by theſe preſents for " ourſelves and heirs for ever, in return for the many " preſents, and other good ſervices done by the ſaid Jona- " than to ourſelves and allies, give, grant and convey to " him the ſaid Jonathan, and to his heirs and aſſigns for " ever, the whole of a certain tract or territory of land, " bounded as follows; (viz.) from the fall of St. An-

" thony,

thology: The modern Pliny in the claſſical Melmoth: The biographical Johnſon: The elegant author of the Riſe and Fall of the Roman Empire; as well as many uſeful and moral writers of the preſent period.

" thony, running on the eaſt banks of the Miſſiſſippi,
" nearly South-eaſt, as far as the South end of Lake
" Nepin, where the Chipeway River joins the Miſſiſſipi,
" and from thence eaſtward five days travel, as counting
" twenty Engliſh miles per day, and from thence again
" to the fall of St. Anthony, on a direct ſtraight line.
" We do for ourſelves, heirs and aſſigns, for ever, give
" unto the ſaid Jonathan, his heirs and aſſigns, for ever,
" all the ſaid lands, with all the trees, rocks and rivers
" therein, reſerving for ourſelves and heirs, the ſole
" liberty of hunting and fiſhing on land not planted or
" improved by the ſaid Jonathan, his heirs and aſſigns, to
" which we have affixed our reſpective ſeals, at the great
" Cave, May the firſt, one thouſand ſeven hundred and
" ſixty-ſeven."

HAWNOPAWJATRIC his Mark,

OTOHTONGOOMLISHEAW  his Mark.

" Were

Were ſuch a Society properly eſtabliſhed and liberally ſupported, its encouragement might be ſtill more amply extended, and its objects multiplied. Its reſources, I doubt not, would ſoon enable it to propoſe Prize Queſtions for the exerciſe and encouragement of genius and abilities. The widows and orphans of thoſe who have laboured uſefully in literature, would likewiſe appear ſuitable objects for participating in the liberality of ſuch *a Society*, and the memory of departed genius be revived in marble, or other monuments of grateful reſpect. Although theſe might outlive their literary productions, or convey their merits to more diſtant poſterity, yet an honorary teſtimony of departed merit, affords a pleaſing excitement to the living candidate for fame, and cheriſhes a noble emulation to ſurvive temporary exiſtence.

A Society thus calculated to promote literature, in proportion as it patronized truth and virtue, would not only be enabled in time to accompliſh the deſirable end of its inſtitution, but likewiſe to raiſe a ſtructure for its accommodation, with a library

library for general uſe; and, by thus opening an eaſy and agreeable path for uſeful knowledge, would afford the pleaſing ſatisfaction of gradually introducing a national taſte for literature, and rendering it ſubſervient to the beſt intereſts of virtue and religion.

London, April 20, 1780.

In the year 1790—A Society entitled, *The Society for the Eſtabliſhment of a Literary Fund*, was formed in London; and, in order to promote ſimilar Inſtitutions in different parts of the world, the plan of the ſociety is annexed; but the author of the foregoing Hints claims no merit in the eſtabliſhment of this uſeful fund, which was formed before he was even a member of the ſociety.

AN

AN ACCOUNT OF THE INSTITUTION OF THE SOCIETY FOR THE ESTABLISHMENT OF A LITERARY FUND.

THIS Inſtitution, which may probably rank among the moſt uſeful and important in the kingdom, had its origin in a club held at the Prince of Wales's Coffee-Houſe, Conduit-Street, conſiſting principally of men of letters, which generally had ſome object beſides conviviality; and that object had been frequently changed by the choice of the ſociety, or the influence of ſome actuating ſpirit, of which every ſociety is poſſeſſed.

During

During the ſummer receſs of the year 1788, an event took place, which tarniſhed the character of Engliſh opulence and humanity, and afflicted the votaries of knowledge.

" Floyer Sydenham, the well-known tranſlator of Plato, one of the moſt uſeful, if not of the moſt competent, Greek ſcholars of his age; a man revered for his knowledge, and beloved for the candour of his temper, and the gentleneſs of his manners; died in conſequence of having been arreſted, and detained for a debt to a victualler, who had, for ſome time, furniſhed his frugal dinner."

At the news of that event, every friend of literature felt a mixture of ſorrow and ſhame; and one of the members of the club above-mentioned, propoſed, that it ſhould adopt, as its object and purpoſe, ſome means to prevent ſimilar afflictions, and to aſſiſt deſerving authors and their families in diſtreſs.

The

The idea, though applauded, was not unanimouſly adopted; but the ardent ſpirit of the propoſer was not diſcouraged.

The club was diſſolved, and another formed, conſiſting only of eight perſons; at the firſt meeting of which, the preſent conſtitutions, and an advertiſement, were produced by the firſt propoſer, and unanimouſly approved.

The ſubſcription for the purpoſes of printing the conſtitutions, and inſerting advertiſements in the public papers, amounted only to eight guineas; but at the next meeting of the ſubſcribers it was renewed.

This little and faithful band ſteadily continued its operations; and, without waiting for the reſult of yearly ſubſcriptions, proportioned its contributions to the objects immediately in view; and ſuſtained the expence of printing and advertiſements for nearly two years.

In this manner the ſociety gradually acquired ſtability; and the firſt general meeting

ing was appointed to be held on tueſday the 18th of may 1790, at the Coffee-Houſe above-mentioned; when officers were elected, a committee formed, and annual ſubſcriptions admitted of an application of ſmall ſums to the purpoſes of the inſtitution.

Several reſolutions were afterwards agreed to; and the regiſters deſired to prepare an advertiſement, extracted from the conſtitutions, for inſertion in the public papers.

The following reſolutions are inſerted here, as directions to thoſe perſons who wiſh to apply for relief, or to aſſiſt the fund by contributions.

All letters, applications, &c. are to be conveyed, free of expence, to the regiſters, either at their houſes, or at the Prince of Wales's Coffee-Houſe, where the committee ſit at three o'clock every third thurſday in the month, during the winter-ſeaſon, and execute their truſt.

No

No rewards or gratuities are annexed to any of the offices of the ſociety, except thoſe of collectors or meſſengers.

To prevent fruitleſs applications, and mortifying diſappointments, it ſhould be known that the finances of the ſociety are appropriated to the caſes expreſſed in the conſtitutions, to the excluſion of all others.

CONSTITUTIONS

CONSTITUTIONS

OF THE

SOCIETY.

THE peculiar reaſons of this Inſtitution are ſo obvious, as hardly to require enumeration.

All the boaſted diſtinctions of England have great obligations to the preſs. Princes are influenced, miniſters propoſe meaſures, and magiſtrates are inſtructed, by the induſtry of literature; while the authors of hints, ſuggeſtions, and diſquiſitions, may be languiſhing in obſcurity, or dying in diſtreſs.

It

It is thought, this evil may be meliorated or removed; by an inſtitution to obtain juſtice or compaſſion for talents injured or depreſſed; to withdraw the dreadful apprehenſions and proſpects which warp or pervert genius, and to promote candor in the provinces of literature.

Every deſcription of genius and merit has ſome mode of compenſation, except that devoted to general ſcience, political diſquiſition, and the Belles Lettres. The learned profeſſions, and all the provinces of arts merely imitative, have probabilities of remuneration or refuge;—Literature alone is neglected, when become a diſtinct purſuit, and abſorbing the faculties of the mind.

It is the purpoſe of this inſtitution to eſtabliſh a fund; on which deſerving authors may rely for aſſiſtance, in proportion to the produce of that fund.

The annual ſubſcription entitling to a voice in the deliberations of the ſociety, to be not leſs than a guinea; as much

more, as the abilities and inclination of the ſubſcriber may admit of.

Donations of ten guineas, and upwards, within one year, to conſtitute ſubſcribers for life; and legacies in truſt will be gratefully received.

Every proper mode of increaſing the revenues of the inſtitution will be adopted; whether ſuggeſted by public or private information.

All buſineſs to be tranſacted by a regiſter, treaſurer, and a committee of twenty-one, ſeven of which ſhall go out annually by priority of ſervices; and if theſe ſervices have been meritorious in the opinion of the ſociety, or punctually and aſſiduouſly rendered, the perſons who have rendered them ſhall form or paſs into a body, called the council; the members of which ſhall, at their convenience or pleaſure, attend any or all committees and aſſemblies of the ſociety.

The mode of diſtinguiſhing the proper perſons on this occaſion, ſhall be a requeſt from this ſociety at the annual period of elections,

elections, that A or B, having conferred obligations on the ſociety by his attendance in the committee, &c. will continue thoſe obligations by paſſing into the council. Members of the council ſhall be diſtinguiſhed by this mark † againſt their names; and, being eligible, at the end of three years again into the committee, the number of theſe marks ſhall ſignify the number of times they have paſſed into the council.

Similar requeſts ſhall be made to preſidents, vice-preſidents, regiſters and treaſurers, when they decline their re-election, or when their periods of ſerving the ſociety in thoſe capacities are terminated.

Subſcribers who reſide at conſiderable diſtances from London, but who attend to the buſineſs of the committee, and the intereſts of the ſociety, while in town, ſhall, at the end of three years, be requeſted to paſs into the council.

All theſe regulations imply, that the parties continue their ſubſcriptions, or are conſtituents for life.

All aſſemblies and committees ſhall be directed by the preſident, one of the vice-preſidents, or, in their abſence, by a chairman appointed for the time; except the council, which ſhall always appoint its preſident for the time, and from its own body.

Every ſubſcriber of one guinea a year to be a conſtituent; and at noon, on the third Thurſday in April, to meet the other ſubſcribers, annually to chuſe preſidents, vice-preſidents, regiſters, treaſurers, a committee of twenty one; or to ſupply the vacancies, by rotation, in the committee, in the preſidency, vice-preſidency, or by the reſignation of the regiſters or treaſurers. The preſident to be eligible three ſucceſſive years, and no more. The vice-preſidents may conſiſt of ten; two of whom ſhall go out annually, by priority of ſervices. The regiſters and treaſurers to be elected annually; but the offices to be long continued in the ſame perſons, if practicable.

At all aſſemblies of the ſubſcribers, councils, or committees, the deciſions are to be by

by a majority; and the preſident, or chairman, to give only a caſting vote on an equal diviſion. The quorum of the committee to be five.

The pecuniary appointments, for the collectors and meſſengers, (all other offices being diſcharged gratuitouſly) muſt be aſſigned and approved at their election. Theſe officers may be ſuſpended or diſcharged by the committee, on a complaint well ſupported by a member of the committee, or of the council, or by a ſubſcriber. Security may be taken by the committee for the execution of their truſts.

All applications for relief are to be made to a regiſter; who if the caſes be urgent, may immediately ſummon a committee; if not, he is to ſubmit them at the firſt meeting: and the committee is to meet at a convenient and appointed hour, on the third Thurſday of every month, at a fixed and known place, where it may execute its offices; and where meſſages, letters, and applications, may be received.

If

If the ſubſcribers ſhould be too numerous for the room or rooms appropriated to the committee and council, their yearly aſſembly, for elections and ſettlement of accompts, muſt be held in ſome large and public building at a ſmall price of admiſſion.

The aſſiſtance afforded to authors in diſtreſs, or to their widows and children, ſhall be at the diſcretion of the committee, and be tranſmitted by a treaſurer, or member either of the committee or council, according to its order; of which he is to produce an acknowledgment,

All the ſtock, property, and revenues, of the ſociety ſhall be in the public funds, in public and competent ſecurities, and at a banker's. No money ſhall be drawn for, but by an order of the committee: no ſecurities ſhall be changed; nor ſhall any part of a capital, whether in eſtates or funds, be diſpoſed of, but by the conſent of a general meeting of the ſubſcribers.

Books

Books of accompts by a treaſurer, and books of tranſactions and occurrences by a regiſter, ſhall be always liable to inſpection by the committee and council, or by any of their members. They ſhall be open to any ſubſcriber, applying to the proper officer.

The monthly meetings of the committee ſhall be open to any member or members of the council; who may attend to the occurrences of the inſtitution and aſſiſt by advice, but not immediately interfere or vote. If any irregularities or abuſes appear, or be ſuppoſed to ariſe, four members of the council, by directions to a regiſter, or by letters from themſelves, may aſſemble the whole council, to conſider the meaſures in queſtion, to obviate or approve their effects and to ſuſpend the operations of the committee, of the regiſter, treaſurer, or other officers, until the general ſenſe of the ſubſcribers be taken; which muſt be within a month of the time of ſuſpenſion.

Temporary vacancies in the committee,

or

or in the offices, are to be filled up at the diſcretion of the council.

N. B. Theſe conſtitutions, or any article of them may be reviſed, corrected, or altered, at the general or annual meeting of the ſubſcribers, provided a requiſition be previouſly made to that effect, by the majority of the council or of the committee; that the ſubjects to be ſubmitted to the ſubſcribers be prepared by a ſub-committee, appointed for the purpoſe; and that notice be given, in the circular letter to the ſubſcribers, of ſuch intended reviſion.

The committee generally dine together on the monthly periods of buſineſs, but at their own expence; and all the dinners of the ſociety are at the private expence of the members.

SECTION V.

HINTS *respecting the immediate Effects of* POVERTY.*

WERE there no misery or distress in the world, there would be few occasions for exercising that benevolence, which excites gratitude and thankfulness on one hand, and the tender emotions of sympathy and humanity on the other. Conscious as we are that no one is exempt from the painful vicissitudes of life, and that the blessed to day may to-morrow experience a bitter reverse; the child of woe is always an object of commiseration, and should excite in our hearts that kind of compassion, and obtain that aid from us, which we should look for, were such afflictions suffered to overtake ourselves.

* Printed in the Gentleman's Magazine, anno 1780, Vol. 50. p. 25.

Various

Various are the occaſions to excite the ſympathetic feelings of the human heart, for diſtreſs appears in a thouſand ſhapes; but perhaps there are none more deſerving of our attention, than abject poverty; particularly at this time, when the inclemency of the ſeaſon requires additional expences, and when families who have been ſupported by induſtry and labour, are many of them robbed of this ſupport, by the exigencies of war,* and compelled to depend upon the ſcanty and precarious aſſiſtance of the pariſh. Many who are permitted to continue with their families, are obliged to labour in all the ſevere changes of weather, and are conſequently more liable to violent diſeaſes, and aggravated want. Their families are often numerous, their habitations cloſe and confined, and, when a fever, or any infectious diſeaſe is once introduced, it extends its malignity, and augments deſolation and miſery; for the arm of the father upon which a family of helpleſs children

* American War, which ended in the Independence of the Thirteen Colonies.

naturally

naturally depends for ſupport, is thus equally proſtrate with the babe at the breaſt. Sickneſs under every exterior comfort excites our ſolicitude and concern; but what a picture of human woe is exhibited, when want, penury, and pain, conſtitute the pillow!

The benevolence of this nation is great beyond compariſon; and when real diſtreſs is known, ſome tender boſom overflows with comfort and ſuccour; but the chief examples of miſery are unknown, and unrelieved; many there are too diffident to apply for aid, or ignorant how to do it; ſome of theſe pine away in ſolitary want, till death cloſes their ſufferings; numbers however, rather than ſilently ſuffer their huſbands, their wives and their children, utterly to periſh, ſupplicate our aid in the public ſtreets and private avenues; but unfortunately for them, the prevalent opinion that there is ſomewhere abundant proviſion for the poor, and that idleneſs, not neceſſity, prompts their petitions, induce many to refuſe that pittance,

tance, which would prove no loſs to themſelves, and in ſome inſtances might, ſave a life.

In many diſeaſes, the attack is violent, and the progreſs rapid; and before the ſettlement of a poor helpleſs object can be aſcertained, death decides the controverſy.

I know that many undeſerving objects intrude upon the benevolent, to the injury of real diſtreſs: but, rather than thoſe ſhould ſuffer all the pangs of miſery, unpitied and unaided, ſome enquiry might be made and their caſe aſcertained: were this tried, it would frequently bring us acquainted with ſituations and circumſtances of miſery which cannot be deſcribed; acquaintance with ſuch ſcenes of human woe would equally excite thankfulneſs for ourſelves, and compaſſion for our fellow creatures, who, are viſited with ſufferings and pangs, from which we have hitherto been providentially, if not undeſervedly preſerved.

Theſe

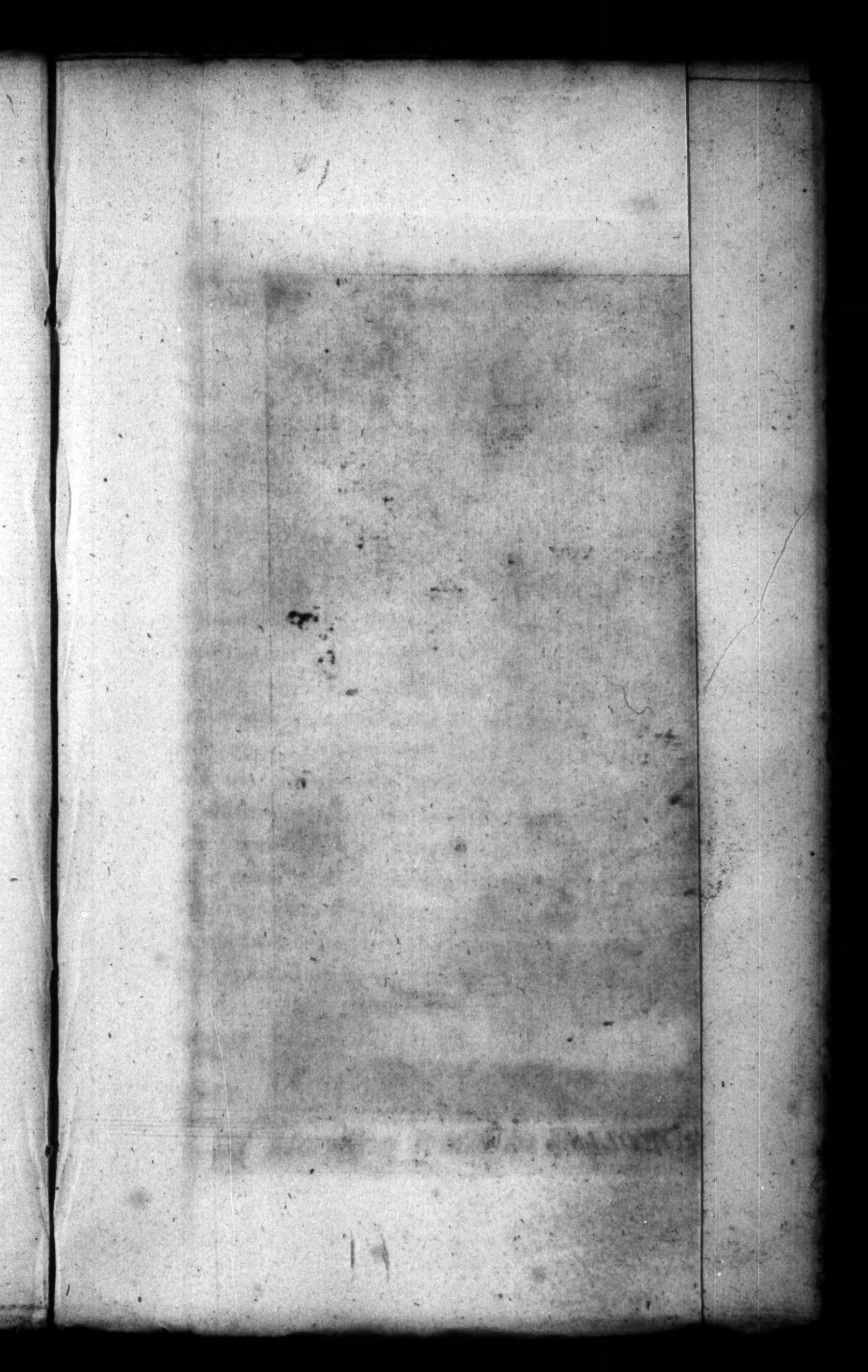


Plate 1. page 93.

A Morning Walk

Walk in the METROPOLIS.

Plate I page 93.

Theſe ſentiments were the reſult of a morning walk in the metropolis, which introduced the writer into ſome ſituations of real life, the relation of which he truſts, will not be unacceptable to thoſe benevolent minds who think

To pity human woe,
Is what the happy to the unhappy owe.

A Morning Walk in the Metropolis.

"About the beginning of December, on going out of my houſe door, I was accoſted by a tall thin man, whoſe countenance exhibited ſuch a picture of diſtreſs and poverty as fixed my attention, and induced me to enquire into his ſituation. He informed me that he was a day-labourer, juſt recovering from ſickneſs, and that feeble as he then was, in order to procure ſuſtenance for a ſick family at home, he was compelled to ſeek for work and to exert himſelf much beyond his ſtrength; and he added, that he lived in a court called Little Greenwich, in Alderſgate ſtreet. This poor object ſeemed to feel diſtreſs too deeply to be an impoſtor:

ter: and I could not avoid beſtowing ſome means of obviating his preſent want, for which he retired bowing, with tears in his eyes; but when he got out of ſight, his image was preſent with me: I was then ſorry that my generoſity had not been equal to my ſenſibility, and this induced me to attempt finding out his family. He had mentioned that his name was Foy, and by the information he gave me I diſcovered his miſerable habitation: with difficulty I found my way up a dark paſſage and ſtair-caſe to a little chamber, furniſhed with one bedſtead: an old box was the only article that anſwered the purpoſe of a chair, the furniture of the bed conſiſted in a piece of old ticken, and a worn out blanket, which conſtituted the only couch, except the floor, whereon this afflicted family could recline their heads to reſt: and what a ſcene did they preſent! Near the centre of the bed lay the mother with half a ſhift, and covered as high as the middle with the blanket. She was incapable of telling her complaints. The ſpittle for want of ſome fluid to moiſten her mouth, had dried upon her lips, which were black, as were likewiſe

the

the gums, the concomitants of a putrid fever, the diſorder under which ſhe laboured. At another end of the blanket was extended a girl about five years old: it had rolled from under this covering, and was totally naked, except its back, on which a bliſter plaiſter was tied by a piece of packthread croſſed over its breaſt; and, though labouring under this dreadful fever, the poor creature was aſleep. On one ſide of its mother lay a naked boy about two years old; this little innocent was likewiſe ſleeping. On the other ſide of the mother, on the floor, or rather on an old box, lay a girl about twelve years old; ſhe was in part covered with her gown and petticoat, but ſhe had no ſhift. The fever had not bereaved her of her ſenſes, ſhe was perpetually moaning out, "I ſhall die of thirſt; pray give me ſome water to drink." Near her ſtood another girl, about four years old, barefooted: her whole covering was a looſe piece of petticoat thrown over her ſhoulders; and to this infant it was that her ſiſter was crying for water.

I now experience how greatly the ſight of real miſery exceeds the deſcription of it. What

What a contraſt did this ſcene exhibit to the plenty and elegance which reigned within the extent of a few yards only; for this miſerable receptacle was oppoſite to the ſtately edifice of an honourable alderman, and ſtill nearer were many ſpacious houſes and ſhops. I have obſerved that the daughter, who was ſtretched on the floor, was ſtill able to ſpeak. She told me that ſomething was the matter with the mother's ſide, and aſked me to look at it. I turned up an edge of the blanket, and found that a very large mortification had taken place, extending from the middle of the body to the middle of the thigh, and of a hand's breadth; the length was upwards of half a yard, and to ſtop its progreſs nothing had been applied. It was a painful ſight to behold, and many not leſs painful exiſt in this metropolis. I procured medical aſſiſtance immediately, and for a trifling gratuity got a neighbour to nurſe the family. The churchwarden, to whom I made application heard their hiſtory with concern, and added his humane aid, to reſcue from death a poor and almoſt expiring family. I have however, the pleaſure to

conclude

conclude this relation of their unſpeakable diſtreſs, by communicating their total deliverance from it; which, I think, may be juſtly attributed to the timely aſſiſtance adminiſtered.

LONDON, JAN. 6, 1780.

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*Concluſion of the preceding.**

WHEN an account has been communicated to the public, accompanied with ſuch peculiar circumſtances, as to excite attention, or demand aſſiſtance, the public have a claim to every explanation reſpecting the help afforded, and the benefit produced; but where benevolence and humanity have been peculiarly intereſted, ſuch information is indiſpenſably requiſite, in order to obviate any ſuſpicion of deception, and thereby encourage the future exertions of public generoſity. The caſe I would particularly allude to, was inſerted in your Magazine for January laſt, giving ſome account of a poor family in ſuch extreme diſtreſs, that they muſt have periſhed,

* Gentleman's Magazine, Vol. 50. page 263.

had not immediate ſuccour been extended, which, in juſtice to the community, was ſpeedily and abundantly applied. The aſſurance that a happy change in the ſituation of this family has ſince taken place, I thought would convey pleaſure to many of your readers, and exhibit a ſtriking inſtance of the favourable eſtimation in which your Magazine is held by the public. I am perſuaded alſo, that the well timed relief which this family has in conſequence experienced, was not the only good effect produced. As the diſtreſs of many of the poor throughout the nation, and particularly in the metropolis, has encreaſed from various cauſes to extreme miſery, a diſpoſition to beneficence has been proportionally excited in thoſe of ſuperior ſituations, and where want has crept into the habitations of the poor, charity has been animated by a divine ardour, to purſue and expel the unfriendly intruder. When the preſent exigencies of the times are conſidered, it is not a matter of ſurprize, that a poor man with a large family, from want of employment, or by the viſitation of ſickneſs, ſhould be reduced to ex-

treme indigence. This, however, is gradually incurred; the firſt ſtep towards poverty, with only trivial aid applied in the inſtant, is eaſily reclaimed, and progreſſive deſcent prevented: but as diſtreſs encreaſes, the difficulty of obviating it is augmented; it is, therefore, of the utmoſt importance to the community to cloſe the wound, on the firſt application, with the oil and the honey, before it cankers, and becomes incurable. This was the conduct of the good Samaritan, who, without enquiring into the particulars, or after the country of the traveller, generouſly adminiſtered relief. It is this kind of attention to the firſt appearances of want, that enables a religious ſociety to boaſt, that there is not one diſtreſſed perſon in their community unnoticed or unrelieved. I have often lamented that ſuch a ſyſtem of conduct, which has uniformly ſucceeded for upwards of a century, has not been adopted more generally in pariſhes. On the contrary, the poor ſupplicant, inſtead of finding pity and protection, is too often repulſed by thoſe who hold the power of relief in their hands, with threats of a workhouſe, if they renew their petitions and again urge their neceſſi-

ties.—There is a love of freedom in the human breaſt; it is the birthright and boaſt of an Engliſhman, who ill brooks unmerited reſtraint. A man with ſuch feelings, when oppreſſed with unavoidable want, is apt to aſcribe every inſtance of neglect, to a contempt of his poverty, and thus chagrin of mind is added to his other miſeries. It is therefore the duty of thoſe in higher ſtations, to treat the poor with peculiar tenderneſs, even where they cannot grant their requeſts; and with reſpect to perſons entruſted with the care and proviſion of the poor in pariſhes, the immediate extenſion of relief, when firſt required, would not only render the diſtreſſed object happy, but eventually ſave accumulated expences to the community; it would enable him at an eaſy rate to ſtem the preſent torrent, encourage him to future exertions of induſtry, and thus preſerve him from becoming a laſting burthen to the pariſh, and a real loſs to the public. Though I have mentioned freedom as the birthright of an Engliſhman, I would be far from defending the leaſt appearance of licentiouſneſs among the labouring poor; but when we

we conſider the immenſe importance of this claſs of people, their executive powers in manufactures, in commerce, in arts, and in bodily labour, which are great national concerns, we cannot be too cautious of depreſſing this love of independence, the genuine fruits of which are virtue, induſtry and public ſpirit. Indeed our happineſs requires us to make this part of our fellow creatures happy, as there is no poſſibility of intentionally rendering others happy without rendering ourſelves ſo, neither is it poſſible to procure happineſs for ourſelves, without firſt procuring it for others. Happineſs therefore is reciprocal, and is of all things the moſt eaſily purchaſed, for beneficence is the ſource of all happineſs, and the occaſions for exerciſing it are innumerable.

SECTION

SECTION VI.

HINTS

RESPECTING THE

DISTRESSES OF THE POOR,

IN THE YEARS 1794, 1795.

PREFACE.

THE severity of the winter of 1794-5, *added to the increaſed expences of every article of ſubſiſtence, and particularly of bread, induced the Author to lay the following Hints before the public, with the view of alleviating the prevailing diſtreſſes of the poor.*

Theſe however ſtill continue; the republication, therefore, of theſe Hints, may be as uſeful as heretofore:

heretofore; and indeed from the preſent circumſtances of the times, they may continue to be uſeful long after the Author ſhall have ceaſed to be ſo. Although the reſtoration of peace, and better crops of corn, may afford ſome melioration of diſtreſs; yet a degree of it, much greater than what the poor ever experienced prior to the war, will moſt probably be ſeverely felt. About four millions a year, muſt be annually raiſed upon the public, more than was paid antecedently to this ſcourge of human kind. Taxes may primarily be laid on articles of luxury, or on the opulent, but ultimately the burthen becomes felt by the whole community; the great maſs of which forming the chief conſumers, pay the principal ſhare of every impoſt.

Perhaps the following Queries and Anſwers may exhibit in an obvious point of view the magnitude of that debt, to pay the intereſt of which, the taxes ſo ſeverely felt, are annually levied.

I.

Suppoſing the national debt at preſent to be 390 millions of pounds ſterling, and that the whole were to be counted in ſhillings; that a man could count 100 ſhillings per minute, and go on at that rate for twelve hours every day till he had counted the whole.

Queſtion.

Queſtion. In what length of time could he do it?

Anſwer. In 269 years, 219 days, and 20 hours.

II.

The whole of this debt being 7800 millions of ſhillings, and as 62 ſhillings make a troy pound—

Queſtion. The weight of the whole?

Anſwer. 125 millions, 806 thouſand, 432 troy pounds.

III.

As the breadth of a ſhilling is one inch, and an acre of ground contains 43,560 ſquare feet, or 6,272,640 ſquare inches.

Queſtion. How much ground would it require to lay the whole national debt upon in ſhillings, cloſe to one another's edge?

Anſwer. 1243 acres and a half.

IV.

Suppoſing a man could carry 100 pounds weight from London to York.

Queſtion. How many could carry the whole?

Anſwer. 1 million, 258 thouſand, and 64 men.

V.

Suppoſing all theſe men were to go in a line, and keep two yards from each other.

Queſtion. What length of road would they all require?

Anſwer. 1429 miles, half a mile, and 210 yards. But

England

England is not a third of that length, even from Berwick to Weymouth.

VI.

Suppoſing the intereſt of this debt to be only three and a half per cent. yearly.

Queſtion. What does the whole debt amount to?

Anſwer. 13 millions, 650 thouſand pounds ſterling, which is paid every year.

VII.

Queſtion. How is this intereſt paid annually.

Anſwer. By taxing thoſe who lent the principal, and others.

VHI.

Queſtion. When will the whole principal be paid?

Anſwer. When there is more money in England's treaſury by three-fold, than there is in all Europe.

IX.

Queſtion. When will that be?

Anſwer. Never.

HINTS, &c.

NOTHING contributes more effectually to the eſtabliſhment of good government among the middle and lower ranks of the community, than that ſpecies of equality which enables every man by his induſtry to procure, at all times, the neceſſaries of life. Without entering at preſent, into the ſources of thoſe difficulties, which the poor, even the induſtrious poor, of this country labour under; it muſt be obvious to every conſiderate perſon, who is placed in a ſituation ſuperior to this claſs of the community, and who minutely calculates his own

own expences, that, with the utmoſt induſtry, the labouring man muſt find extreme difficulty to preſerve his family from the miſeries of real want, not only of the comforts, but even of the neceſſaries of life.

Many labouring men do not earn above eight ſhillings a week, whilſt ſome individuals may earn a guinea; but happy is the labourer who, upon an average, makes half a guinea a week, or twenty ſix guineas a year; and many of the poor have a wife and four or five children to maintain. I know it is often urged, that the poor are improvident, and never avail themſelves of opportunities of ſaving a pittance to provide againſt times of difficulty; ſuch as, being out of work, viſited with ſickneſs, or aſſailed by the rigours of winter. I acknowledge that too many come under this deſcription, but let it be remembered, that one drunken or profligate man makes more noiſe, and becomes more conſpicuous, than a thouſand ſtarving, modeſt, induſtrious, and worthy perſons; as one eclipſe of the ſun attracts

more

more obſervation than the annual bright-neſs of this luminary; and cruel would it be, as it is unjuſt, to cenſure a whole claſs for the miſconduct of a few individuals. With equal juſtice might the whole female ſex be cenſured for infidelity; becauſe a few worthleſs women of rank, acquire more notoriety by miſconduct, than a thouſand of the moſt amiable women by their virtues: for true worth ſeeks obſcurity rather than publicity; and I will venture to add, that female virtue, and chaſtity of manners never prevailed at any one period in this kingdom, more than at the preſent time.

To return to the ſtate of the poor: let him who cenſures their improvidence, reflect upon his own expences, aſk himſelf what he expends on coals, on clothes, on waſhing, on houſe-rent; nay, let him only calculate what he ſpends for bread alone, an article in which there is rarely much waſte; and he will then wonder how a poor man, with half-a-guinea a week, feeds and clothes a family, pays rent for his apartment, buys a few coals, and contrives to exiſt. This wonder will be increaſed, if he take

take into conſideration, that by expoſure to all weather, ſickneſs often ſupervenes, and every reſource is, in a moment, annihilated. I ſhudder whilſt I reflect what a dreadful proſpect is preſented to a tender wife and famiſhed children! Againſt ſuch may the hand of affluence never be ſhut! And if ever there exiſted a nation more humane and generous than another, it is this, where relief of every kind is diſpenſed with a liberality which characterizes it as much for its humanity, as for its wealth. But though there is much wealth there is alſo much indigence, and the ſeverity of winter, which ſtops the employment of any labouring man, has nearly the ſame effect on him, as if ſickneſs had confined him to his bed; and, without ſuccour, his family muſt be famiſhed. If to theſe be added an increaſed price of bread, beyond the reach of his earnings, ſuppoſing him capable of working, his miſery is ſtill inevitable, without immediate aid.*

This

* Soon after the firſt edition of this tract appeared, the intereſting work, by David Davies, rector of Barham, Berks, entitled. 'The Caſe of Labourers in Huſbandry ſtated and conſidered,' came under my obſervation. It exhibits

This is the preciſe ſtate of many poor people at the preſent moment, and laudable are

exhibits numerous calculations, made in different parts of the kingdom, of the expences of ſubſiſtence among the labouring poor, which clearly demonſtrate that the annual expences of ſeveral claſſes of them exceed their annual income or earnings. Theſe calculations were made about ſix years ago, when the times were even more favourable to the poor. In theſe calculations certain contingent expences are omitted, as conſequent on ſickneſs, accidents, &c.

A performance, entitled 'A Propoſal for a perpetual Equalization of the Pay of the labouring Poor,' made its appearance juſt as this was going to preſs; the author calculates the pay of labour by the price of wheat. "Six ſhillings being aſſumed as the ordinary price of a buſhel of wheat in the time of peace; and in ſeaſons of uſual plenty, let the pay of a day-labourer be apportioned to that, and fixed, never on any account to vary. For inſtance, the daily pay of a labouring man in the pariſh and neighbourhood in which this was written, was one ſhilling a day, until about two years ago, when, in conſideration of the increaſed price of bread, two-pence were added to it. Let one ſhilling therefore per day, or ſix ſhillings per week, be taken as the eſtabliſhed and fixed price of ordinary day labour." He adds, "Let the addition which is made to their pay be given as a ſeparate article of account, and called a *gratuity*. Whenever the price of wheat is at ſix ſhillings per buſhel, or at any price below ſix ſhillings, let the day-labourer receive his pay without any addition. When the price exceeds ſix ſhillings, let him receive

are the exertions every where making to avert a cataſtrophe dreadful even in idea,

of

receive a gratuity, beſides his pay, in the proportions given in the following

TABLE:

Price of a buſhel of wheat.			Gratuity.	
s.	d.		s.	d.
6	0	The daily pay being one ſhilling per day, the correſponding gratuity will be	0	0
6	6		0	1
7	0		0	2
7	6		0	3
8	0		0	4
8	6		0	5
9	0		0	6
9	6		0	7
10	0		0	8
10	6		0	9
11	0		0	10
11	6		0	11
12	0		1	0

This table is ſucceeded by others to ſuit different kinds of labour, but it does not make more proviſion for a married man with children, than for a batchelor.

If every labouring man being a batchelor, or married man without a child, were to pay one halfpenny in the ſhilling of their earning into a pariſh fund, it might, perhaps, be ſufficient to clothe annually every married man, his wife, and their children, in the ſame pariſh, provided they have three children, or upwards. This would, probably, prove an effectual method of equalizing labour with the expences of a family. Another fund might be formed by a tax of one ſhilling on every dog.

The author of the preceding table mentions the practice of a very intelligent and worthy clergyman, his friend and

neighbour

of ſtarving in a land of wealth and luxury.* My intention in writing theſe hints, is to

neighbour. "It is, to conſtruct ovens for the poor of his pariſh, and to ſupply them, when uſed, with fuel; the expence of which, to the poor, would be but trifling, compared with the proceſs multiplied by the ſame number of individuals baking for themſelves, eſpecially in countries where fuel is ſcarce." Page 23.

In a pamphlet lately publiſhed by Dr. Barry, entitled, "On the Neceſſity of adopting ſome meaſures to reduce the preſent Number of Dogs:" he ſuppoſes, that a tax on them of five ſhillings each, would produce an annual revenue of 400,000l. This exaggeration is noticed in the Critical Review, vol. 15, p. 336. But the writer of it, on the other hand, under-rates the conſumption of food by dogs; every pack of them, conſiſting of ſixteen couple, annually conſume four tons of oatmeal, and forty hundred weight of biſcuit. The deſtruction they make among ſheep, is no inconſiderable loſs. The product of this moderate tax of one ſhilling on each dog, might be appropriated to portion out poor girls on marriage, or to ſettle young men in farming. To promote early marriages, and ſubſiſtence for the offspring, are objects worthy of a wiſe government; and any government is capable of annihilating the miſery of the poor. If the tax ſhould leſſen the number of dogs, it might at leaſt have this good effect, of proportionally leſſening the number of mad dogs, for whoſe bite no effectual remedy has yet been aſcertained. ☞ Since this pamphlet was firſt printed, a tax on dogs has actually been laid by Act of Parliament.

* This was written in the late hard winter of 1794-5. And no winter is ſo mild as not to render the obſervations in ſome degree applicable.

impreſs

impreſs upon the public, that much real, inevitable diſtreſs actually prevails among the virtuous poor, and that charity cannot be exerciſed more piouſly than at this ſeaſon, when the price of bread, and of all the neceſſaries of life, is much increaſed.

The plan of buying food, fuel,* and clothes for the poor, whoſe little pittance does not enable them to go to the beſt market, is truly laudable, and may ſave thouſands from debt, famine, and death, until better weather and better times may afford them other means of ſupport. Never be weary, humane citizens, in the godlike work of averting miſery from, and adminiſtering comfort to, the poor man, his induſtrious wife, and their helpleſs children!

But I cannot here avoid noticing ſome acts, *intended* as acts of charity, which ap-

* As the poor of London ſuffer much in winter from the high price of coals, it might become a laudable inſtitution to authorize the church-wardens, or certain humane perſons in each pariſh, to buy in a ſtock of coals when cheap, and ſell them to the poor at prime coſt in ſeaſons of diſtreſs.

pear to me not only uſeleſs, but even injurious to thoſe for whoſe benefit they are deſigned. It is not unuſual for the opulent in rigorous ſeaſons of the year to treat the poor with a whole ox or oxen, and regale them with hogſheads of ale. I doubt not but they get well repleniſhed for the day; but alas! the day of feaſting, only makes them feel more poignantly its reverſe, the day of faſting. It neither tends to good morals, nor to perſevering induſtry; but, on the contrary, is deſtructive of both. Much more charitable would it be, to expend the money which the donation of oxen and ale would coſt, in fuel, warm clothing, and other neceſſaries, which would laſt beyond the day of feaſting and fulneſs, and warm the indigent with comfort through the winter. Ye opulent and great in the land, whilſt I reſpect your intentions, permit me to direct your beneficence into channels of real charity, to the permanent ſuccour of diſtreſs and pining want.*

A re-

* Conſult 'A Letter to Sir T. C. Bunbury, Bart. on the Poor's Rates, and the High Price of Proviſions, with ſome

A religious ſociety, conſiſting of about fifty thouſand members, for the moſt part of the middle and lower claſſes, has exiſted in this country upwards of a century, in which abject poverty is the condition of none. Surpriſing as it is, that a ſect debarred, by reſtrictions in government, from enjoying

ſome Propoſals for reducing both. By a Suffolk Gentleman.

The Monthly Review, vol. 18. N. S. p. 318, gives the following account of this performance. "The intelligent writer of this pamphlet regards, as the cauſe of many public evils, the practice of uniting ſeveral ſmall farms into a large one, and the conſequent failure of the race of independant yeomanry, who formerly cultivated their own farms, from forty to fourſcore pounds a year. The miſchiefs reſulting from this practice are clearly laid open, and a plan is ſuggeſted for reducing the Poor's Rates, and the price of proviſions, which may merit the attention of the public. It is briefly this; that every owner of land, to the amount of one hundred pounds a year, within three miles of a populous market town, ſhould build and let a cottage, with at leaſt an acre of land adjoining. The immediate advantage to the public which the author expects from this project, are the increaſe for ſale of many of the ſmall articles for houſe-keeping, and the reduction of the Poor's Rates. As a more remote conſequence he expects the revival of the old ſyſtem of ſmall farms."

enjoying any public office or emolument, and from ſharing its penſions, perquiſites, and ſinecures, ſhould have formed a conſtitution, that prevents the miſery of want, in the midſt of poor's rates amounting to two millions, three hundred thouſand pounds a year,* of which they do not partake:

With reſpect to the price of labour, there ſeems to be ſingular difficulty in appreciating it. As the times now are, a ſingle man may live comfortably with the preſent price of labour; but a man with a wife and four or five children, cannot poſſibly be decently ſupported. Perhaps the beſt method would be to exempt every married man with three children from certain taxes, or give him ſome allowance from the county, in proportion to the number of his offspring.

Farms, however, ſhould not be too ſmall, as each will require a team, and very ſmall farms will not afford the expence. As one horſe conſumes the produce of as much land as would ſubſiſt a family, every horſe that is kept may be ſaid to annihilate a family, or eat up the ſupport of one; an additional diſtinct tax, therefore, of about a ſhilling on every horſe, might be appropriated ſolely as a premium for keeping oxen, where oxen can be kept with advantage.

* Were a tax upon all batchelors, except labourers, apportioned to the other taxes they reſpectively pay, as five ſhillings, or any other ſum in the pound, riſing five ſhillings

take: it is ſtill more ſurpriſing, that the community at large, ſeeing this, and feeling the weight of taxes, ſhould never have inquired of this ſect, Tell us your ſyſtem? At the ſame time, this ſyſtem is compriſed in two words, PRINCIPIIS OBSTA,—*remove the cauſe of diſtreſs in its commencement.* A prominent part of this ſyſtem I ſhall explain. The moment any individual of this ſociety applies for relief, two perſons in the reſpective meeting are appointed to viſit him, and to adminiſter ſuch aid as the nature of the caſe may require. If the object of diſtreſs be a female, two of her ſex are deputed to pay this charitable viſit; and ſometimes a family in want is cheered by the united attention of both ſexes.

Sudden diſtreſs, in poor families, may

ſhillings in the pound, every ten years, or one ſhilling in the pound every year, after the age of twenty-one, till a certain period of age, it might afford a ſubſtitute for the poor's rates. Married men having no children ſhould be included; and perhaps, a ſmaller tax on thoſe having only one child, but never to extend to thoſe having three. Or to ſimplify ſuch a tax, the parochial rates might be encreaſed to batchelors, and this additional tax applied to the extinction of the poor's rates.

ariſe

ariſe from ſudden illneſs, and by a moderate temporary relief, in the ſeaſon of affliction, ſubſequent aid is rendered unneceſſary; but from whatever ſource it may ariſe, when a perſon becomes involved in diſtreſs, unleſs that diſtreſs, and the cauſe of it be early removed, accumulated miſery enſues, and the reſult uſually is a workhouſe; or, what is ſtill worſe, intoxication to drown care, or diſhoneſty in the deſperate hope of overcoming it. Bad indeed is the beſt; for, in general, the moment a family is ſo involved by the miſerable policy of the preſent poor laws, as either to ſtarve or to enter the doors of a poor-houſe, all pride of independence, reſulting from induſtry, is annihilated; that kind of independence which is the boaſt of an Engliſhman. Every paſſion that gives energy to ſoul and body ſeems buried in the common wreck of his independence; his offspring imbibe the ſame *inertia*, and a mean, beggarly, ſqualid race is generated, doomed to become a burthen to themſelves, and to the community, as long as the ſame policy is purſued. This ſubject, however, I now relinquiſh, to be reſumed in a future eſſay.

The

The *principiis obſta*, as already obſerved, implies the immediate attention to diſtreſs, which, by early removal, prevents its ſubſequent evils. To this end, it would be adviſeable to inſtitute a ſociety in every pariſh, or even in ſmaller diſtricts, of the inhabitants of both ſexes, to receive the applications of any individual in the diſtrict, who may have lived above pariſh aid; but who, from ſickneſs, or other unforeſeen event, may want temporary aſſiſtance; and to adminiſter ſuch relief as the preſſure of diſtreſs may require, agreeably to the plan adopted by the ſect alluded to.

By ſuch ſuperintendance of the opulent over the indigent, the number of pariſh poor would gradually be leſſened.

When an individual of a large community falls into diſtreſs, leſs attention, in proportion, is paid to his particular caſe. It would therefore afford the exerciſe of more active humanity, were ſocieties formed in ſmall diſtricts; and in every ſociety, two of each ſex ſhould be deputed every month to

hearken to the voice of miſery, and to endeavour to adminiſter relief.

By this pious ſuperintendance, the rich would ſee the diſtreſſes of their poor neighbours, and learn, in this ſchool of active morality, the unaſſuming enjoyment of their ſuperior bleſſings, and the habitual exerciſe of Chriſtian charity. To ſee gentlemen entering the hovel of the poor man, and ladies ſympathizing in the chamber of the poor woman, would elevate the dignity of human character; and whilſt it cheered poverty, it would tend to promote a virtuous exertion to overcome it by induſtry.

It may be urged, that many of the poor are too depraved to merit attentions of this kind, which would be adminiſtered in vain. From an extenſive knowledge of the ſubjects of human infelicity, I am convinced that few individuals are ſo depraved as to become irreclaimable by kindneſs. The lion will lick the hand of him who draws the thorn from his foot. Were the plan, however, of early relief, once adopted, this

hardened

hardened ſtate would not be acquired; for depravity is not habitual, where oppreſſion is not permanent. There is no expreſſion more illuſtrative of the character of Chriſt, than the epithet contemptuouſly applied to him, "*Behold the friend of publicans and ſinners.*"

I may here advert to an order ſanctioned by a late worthy Lord Mayor, to leſſen the price of bread, forbidding the barbers from uſing flour inſtead of hair powder made of ſtarch, under a penalty of ten pounds. Were the barbers to uſe ſtarch-powder alone, the product of their induſtry would not enable them to live, and above one half of them are not each worth the penalty to be inflicted; ſo that if this old act, recently revived, were put into execution as generally as it is now eluded, the priſons would be crowded with more accumulated miſery than now exiſts.

Happy for the poor perhaps it is, that this act does not reſtrain the barbers and hair-dreſſers from mixing about four pounds of

of wheat-flour with one pound of ſtarch, otherwiſe the deſtruction of wheat-flour would become a more ſerious evil; for, as full two pounds of wheat-flour are deſtroyed in manufacturing one pound of ſtarch, it follows that, were the barbers and hair-dreſſers to uſe ſtarch-powder alone, agreeably to act of parliament, twice the quantity at the leaſt of wheat-flour would be conſumed upon the head inſtead of repleniſhing the ſtomach. It would therefore be much more humane in the legiſlature to paſs an act immediately, forbidding the barbers from uſing ſtarch at all, and confining them, if powder muſt be uſed, to flour alone; and at once, generouſly and humanely ſubmit to forego the duties on ſtarch, till the return of better times for the diſtreſſed poor. If, inſtead of roaſting bullocks and ſquandering ſtrong beer for one unhappy day of feaſting them, the great men and women of the land would allow their hair to be cheriſhed by nature, and totally relinquiſh the dirty faſhion of ſtarch and greaſe, the poor might really experience the benefits of their forbearance of a cuſtom, filthy to clothes, and abſtractive of

perſonal

perſonal charms. Till then, all the heavy exciſe duties, and improvident revenue acts of parliament, reſpecting ſtarch and wheat-flour, are perhaps deſtructive of the very end propoſed—the feeding the poor with bread. Previous to paſſing the hair-powder bill, it appeared, by the accounts from the Exciſe-Office laid before parliament, that 8,170,019½ pounds of ſtarch were manufactured in Great Britain in one year. The miniſter at the ſame time ſtated the number of hair-dreſſers to amount to 50,000. The author* of a letter to him, ſuppoſes from theſe facts, that, if each hair-dreſſer uſed only one pound of flour a day, it amounts on an average to 18,250,000 pounds in one year, or 5,314,284 quartern loaves, at the uſual allowance of 3½ pounds of flour for a quartern loaf: and ſuppoſing only four times this quantity of flour uſed by thoſe who dreſs their own hair, and others who are not profeſſed hair-dreſſers, will make 21,256,936 quartern loaves; thoſe three numbers being added, amount

* John Donaldſon, eſq.

in

in all to 30,571,226 quartern loaves at 9d. each, which is 4½d. under the preſent aſſize, and amount to 1,146,421 pounds ſterling.*

But as every hint for immediately diminiſhing the conſumption, and conſequently the price of flour, is of more or leſs utility, I cannot conclude without recommending the uſe of potatoes as a partial ſubſtitute for bread. Indeed a well-boiled or roaſted mealy potatoe, is at once a little loaf, and forms the cheapeſt ſubſtitute for that of wheat.

If an union, however, of this vegetable, with flour, be deſirable, one-fourth of potatoes in the loaf renders it equally pleaſant and wholeſome as if the whole were of wheat; I ſpeak from indubitable experience. This

* Dr. Reuſs, profeſſor at Tubinguen, in his 'Medico-Œconomical Inquiry, concerning the Properties and Effects of pure and adulterated Hair-Powder,' publiſhed in 1781, calculates that 7200 buſhels of wheat are annually conſumed in this manufacture, in a country inhabited by 10,000 perſons, if only a thirtieth part of them uſe it.

was about the proportion of potatoes recommended by the late Dr. Fothergill. I have eaten a pleaſant bread made of equal quantities of potatoes and wheat-flour: with the addition of a ſmall proportion of ground rice, which prevents the crumbling of the bread, it is rendered ſtill more uſeful in a family.

Many families for a ſeries of years have uſed chiefly potatoe-ſtarch. After peeling the potatoes they are grated, and the fæculæ waſhed off, by nine or ten waſhings of clean water, or till no fæculæ ariſe; the reſidue at the bottom of the veſſel, when dried by the fire, forms ſtarch. The Maranta or Arrow-Root of the Weſt-Indies, a food common with the Negroes there, has been recommended as a ſubſtitute for the ſtarch of wheat.

J. Cook, of Barking, has favoured me with the following receipt of potatoe-bread, in uſe in his own family: "A quantity of potatoes is boiled in the ſkin, over a ſlow fire, by which they fall to pieces throughout more

more effectually. After long boiling, they are peeled, and the moſt mealy ſelected; theſe are well bruiſed by a broad wooden ſpoon; and equal quantities of this and flour by weight are kneaded up with yeaſt for the oven. To take off the bitterneſs of the yeaſt, a ſmall quantity of bran and milk, with a little ſalt are added to it: theſe, after ſtanding about an hour, are run through a hair ſieve. Probably the milk may add to the whiteneſs; for the potatoe-bread I ate, was as white as wheaten ſtandard-bread, and is found to make the bread eat ſhorter and pleaſanter, for without this addition the bread taſtes a little bitter.

It may be proper to obſerve, that after the whole is kneaded into dough, it is laid on the hearth before the fire, placed on a diſh, and lightly covered with a cloth about an hour, which promotes a kind of fermentation, and renders the bread lighter in eating.

The Board of Agriculture has publiſhed the following receipt, "Chooſe the moſt mealy

mealy ſort of potatoes, boil and ſkin them; take twelve pounds, break and ſtrain them well through a very coarſe ſieve of hair, or a very fine one of wire, in ſuch a manner as to reduce the roots as nearly as poſſible to a ſtate of flour; mix it well with twenty pounds of wheaten flour; of this mixture make and ſet the dough exactly in the ſame manner as if the whole were wheaten flour. This quantity will make nine loaves of about five pounds each in the dough; and when baked about two hours will produce forty-two pounds of excellent bread." The following receipt of Dr. Fothergill, is copied verbatim:—" Take two or three pounds of potatoes, according to the ſize of the loaf you would make, boil them as in the common way for uſe; take the ſkin off, and, whilſt warm, bruiſe them with a ſpoon, or a clean hand does better; put them into a diſh or dripping-pan before the fire, to let the moiſture evaporate, ſtirring them frequently that no part grow hard; when dry, take them up and rub them as fine as poſſible between the hands; then take three parts of flour and one part of the prepared potatoes (or equal quantities of each

each will make good bread) and, with water and yeaſt, make it, as uſual, into bread. It looks as fine as wheaten bread, and taſtes agreeably; it will keep moiſt near a week, and ſhould not be cut until it is full a day old, otherwiſe it will not appear ſufficiently baked, becauſe of the moiſture which the potatoes give it. Never cut potatoes in ſlices with a knife, either raw or boiled, break or bruiſe them with the hand or ſpoon, or they will not be ſoft." *

In December, 1795, was held at Bath, the anniverſary meeting of the Weſt of England Agricultural Society, when the following method of making potatoe-bread, of which a ſpecimen was produced to the Society, met with general approbation. "To any given weight of flour, put half the weight of potatoes; let the potatoes be well boiled, peeled, and maſhed; mix them up with flour whilſt warm, then add the yeaſt, and proceed as in the common

* See a receipt in the Appendix, from M. Parmentier.

method

method, obſerving to make the bread as dry as poſſible."

"Twelve months uſe of this bread in one family, has proved it to be both wholeſome and palatable. The following experiment will ſhew the increaſe of bread to be obtained from the mixture of potatoes: —eighteen pounds of flour, without any mixture, made twenty-two pounds and a half of bread:—eighteen pounds of flour, with nine pounds of potatoes, made twenty-nine pounds and a half of bread.*"

"Seven pounds of bread are gained by nine pounds of potatoes. The flour em-

* This is different from all my experiments, for on baking dough of equal quantities of flour and potatoes, of the weight of twelve pounds, the loaf on being taken from the oven never weighed more than nine pounds. Leſt ſome deception might have occurred, different bakers were employed, but the reſult was the ſame; had the loaf been of flour alone, it would have weighed about eleven pounds and a half.

ployed was three-fourths wheaten and one-fourth barley-flour; the bread excellent.*"

That humane and excellent character, Admiral Waldegrave, in a letter dated Portſmouth, October, 1795, gives the following receipt for making potatoe-bread.

"Take ſixteen pounds of large mealy potatoes, boil them well, and break them in pieces. They muſt be then ſet out in the

* A gentleman in the country informs me that the following method of making potatoe-bread, has been ſucceſsfully introduced into his family. "Take fourteen pounds of potatoes, boil them in the ſkin, then peel and cruſh them well, adding boiling water, till they form a ſtiff glutinous pulp: when this is cooled to new milk warmth, add two table ſpoonfuls of yeaſt, mix them well, letting the whole ſtand near the fire in a wooden diſh (as wood ſeems more friendly to this fermentation than earthen veſſels) for an hour or two, till the whole aſſumes the appearance of a large quantity of yeaſt; to this add fourteen pounds of good ſound wheat-flour, and as much warm water as will make the whole into a ſtiff paſte, letting it ſtand, as is uſual, to ferment a proper time; but the fermentation goes on ſo rapidly that it will generally receive three or four pounds more of freſh wheat-flour, when the bread is made up into loaves for the oven."

open

open air for half an hour, that the watery particles may evaporate; then rub them in with twenty-eight pounds of flour, till all the lumps are reduced; after which, mix a proper portion of yeaſt, and knead it into dough.

"This is for a large baking; but may be reduced by only allowing two pounds of potatoes to three pounds and a half of flour, or ſix pounds of potatoes to eight pounds of flour.*"

"We are now making bread of equal proportions of flour and potatoes. It anſwers admirably."

Dr. Johnſon, in his letter to the Admiral, dated Haſlar, October 19, 1795, obſerves, that he has made trial of the potatoe-bread, in the proportion of three pounds and a half of flour to two pounds of potatoes, and

* "The weight of the potatoes here conſidered, is in its ſtate juſt previous to its being mixed with flour."

found it preferable (from the concurrent teſtimonies of many who taſted it) to the fineſt baker's bread; and, after keeping it four days, retained its lightneſs, and acquired no acidity.

In ſome of the northern counties of England, it is cuſtomary in ſeveral families to make pies of ſtandard dough, and to fill the inſide with ſliced or maſhed potatoes, and a layer of bacon, or any ſpare meat; when well baked, it affords wholeſome food, and is, perhaps, the cheapeſt hitherto uſed.

A friend of mine has informed me of the experience he has had in his own family, of the ſuperior advantages of pies, in preference to roaſting or baking. Four pounds of mutton were made into a pie, with one pound and a half of wheat-flour; this pie, with eight ounces and a quarter of bread, dined eight perſons fully; whilſt three pounds three quarters of mutton roaſted, with two pounds one ounce of bread, dined only five of the ſame perſons: which prove, that

that baking pies is a cheaper way of using meat than roasting, and (which at this time is of great importance), it consumes less flour.*

I would also recommend to every family, who seriously wishes to mitigate the distresses of the poor, to suspend the consumption of bread one day in the week, except at breakfast,† and substitute either boiled or roasted potatoes

* It was I think impolitic, to enter into combinations, as some members of administration and many opulent persons in London have done, to eat no pastry at all, though the motives were certainly laudable. In boiling meat, except the liquor be saved for broth or soup, a considerable diminution of the meat may be observed; and perhaps still more loss is sustained by roasting, but in the form of pies, nothing is lost, whilst in reality less flour is consumed, as is judiciously observed above. The objection might probably be useful as applicable to the little pastry of the shops, but by no means in families; at the same time the pastry might be made of flour mixed with potatoes, rye, barley, oats, or rice; each however of these, except potatoes, is at present dear.

† For young people, and indeed in general, some preparation of milk would be more salutary than tea and bread-and-butter. Milk-pottage is preferable to milk alone, that is, equal quantities of milk and water, boiled up with a little oat-meal; this breaks the viscidity of the milk,

potatoes or potatoe-bread.* If every perſon will not ſubmit to this trivial ſacrifice, or others deem that a few individual examples are inadequate to any benefit of the community

milk, and is, perhaps, eaſier digeſted than milk alone. Oatmeal alſo affords a warmer nouriſhment than wheat-flour, and generally agrees with weak ſtomachs. Rice likewiſe with milk is a good ſubſtitute for wheaten-bread, and, by way of variety, might be taken inſtead of milk-pottage, not only at breakfaſt, but likewiſe at ſupper.

* Various others means might conduce to leſſen the price of meat, and of proviſions in general. Were each family to live one day in each week without animal food, the conſumption of it would of courſe, be one-ſeventh leſs in the year, and it would become probably, proportionably cheaper.

By habituating myſelf to good mealy potatoes at dinner inſtead of bread, ſince bread became ſo dear, I now prefer potatoes to any bread except potatoe-bread.

Potatoes preſent to us at once a ready prepared little loaf, and is upon the whole, perhaps the moſt pleaſant and cheap ſubſtitute for wheaten-bread, and at the ſame time the eaſieſt prepared, as before obſerved.

The art of boiling potatoes is ſo eſſential to all ranks of people, that the following directions by the Board of Agriculture, is here inſerted.

On the Boiling of Potatoes ſo as to be eat as Bread.

" There is nothing that would tend more to promote the conſumption of potatoes than to have the proper mode of

community at large, let ſuch remember that of the ſmalleſt atoms maſſes of the greateſt bulk are compoſed. And oh! thou, who piouſly feeleſt for human miſery, if thou art not

of preparing them as food generally known. In London this is little attended to; whereas in Lancaſhire and Ireland the boiling of potatoes is brought to very great perfection indeed. When prepared in the following manner, if the quality of the root is good, they may be eat as bread, a practice not unuſual in Ireland. The potatoes ſhould be, as much as poſſible of the ſame ſize, and the large and ſmall ones boiled ſeparately. They muſt be waſhed clean, and, without paring or ſcraping, put in a pot with cold water, not ſufficient to cover them, as they will produce themſelves, before they boil, a conſiderable quantity of fluid. They do not admit of being put into a veſſel of boiling water like greens. If the potatoes are tolerably large, it will be neceſſary, as ſoon as they begin to boil, to throw in ſome cold water, and occaſionally to repeat it, till the potatoes are boiled to the heart, (which will take from half an hour to an hour and a quarter, according to their ſize) they will otherwiſe crack, and burſt to pieces on the outſide, whilſt the inſide will be nearly in a crude ſtate, and conſequently very unpalatable and unwholeſome. During the boiling, throwing in a little ſalt occaſionally is found a great improvement, and it is certain that the ſlower they are cooked the better. When boiled, pour off the water, and evaporate the moiſture, by replacing the veſſel in which the potatoes were boiled once more over the fire. This makes them remarkably dry and mealy. They ſhould be brought to the table with the ſkins on, and eat

with

not enabled to extend thy light and warmth afar off, thy little embers of charity may cheriſh and revive ſome ſtarving palſied hand; and, if by thy ſingle ſacrifice of the conſumption of bread one day in the week, thou

with a little ſalt as bread. Nothing but experience can ſatisfy any one how ſuperior the potatoe is, thus prepared, if the ſort is good and mealy. Some prefer roaſting potatoes; but the mode above detailed, is at leaſt equal, if not ſuperior. Some have tried boiling potatoes in ſteam, thinking by that proceſs that they muſt imbibe leſs water. But immerſion in water cauſes the diſcharge of a certain ſubſtance which the ſteam alone is incapable of doing, and by retaining which, the flavour of the root is injured, and they afterwards become dry by being put over the fire a ſecond time without water. With a little butter, or milk, or fiſh, they make an excellent meſs."

Receipts for Baked Potatoe Puddings.

No. I.

12 ounces of potatoes, boiled, ſkinned, and maſhed;
1 ounce of ſuet:
1 ounce (or 1-16 of a pint) of milk, and
1 ounce of Glouceſter cheeſe,

Total 15 ounces, mixed with as much boiling water as was neceſſary to bring it to a due conſiſtence, and then baked in an earthen pan.

No. II.

12 ounces of maſhed potatoes as before;
1 ounce of milk, and
1 ounce of ſuet, with a ſufficient quantity of ſalt.—Mixed up with boiling water, and baked in a pan.

No.

thou ſhalt be the means of keeping alive one helpleſs infant, thou only doeſt a portion of thy duties towards God and thy fellow-creatures.

No. III.

12 ounces of maſhed potatoes;
1 ounce of ſuet;
1 ounce of red herrings, pounded fine in a mortar.—Mixed, baked, &c. as before.

No. IV.

12 ounces of maſhed potatoes;
1 ounce of ſuet, and
1 ounce of hung beef grated fine with a grater.—Mixed and baked as before.

Theſe puddings when baked weighed from eleven to twelve ounces each. They were all liked by thoſe who taſted them, but No. I. and No. III. ſeemed to meet with the moſt general approbation.

APPENDIX.

APPENDIX.

The ſcarcity of grain, and particularly of wheat, at the preſent time, has given riſe to the uſe of various ſubſtitutes, and to the publication of ſeveral eſſays, deſigned to prevent or leſſen the threatened ſcarcity. The ſubſtitutes moſt generally adopted, have been rice or potatoes. The former is too expenſive for the community at large, but whatever quantity of it is conſumed in the place of wheat-bread, affords a ſaving of the latter for the nouriſhment of the poor. The water in which the rice has been boiled, anſwers every purpoſe of ſtarch, and, in this point of view, is alſo a ſaving in the conſumption of wheat, by precluding the uſe of ſtarch made from it.*

* Perhaps other ſubſtitutes beſides wheat and potatoe-ſtarch, may be diſcovered, as from the horſe-cheſnut, acorn, or arrow-root of hot climates.

In

In general, however, if we except rye, oats, and barley,* which are at this time ſcarce and dear, the potatoe affords the moſt pleaſant

* Governor Pownall has juſt publiſhed, "Conſiderations on the Scarcity and High Prices of Bread-Corn and Bread." Amongſt a variety of uſeful, political, and œconomical reflections, he obſerves, that one great evil is *the undue diviſions of the meal into flour*, by which a brown bread not ſufficient in its nature for the nouriſhment of a labouring man, or a white or wheaten bread too high for their wages to afford, are prepared. This ſeems confirmed by the following reſolution:

The Committee appointed by the Houſe of Commons to examine the ſeveral laws now in being relative to the aſſize of bread, have come to the following reſolutions:

October, 1795.

"That it is the opinion of this Committee, that if the Magiſtrates were by law permitted (when and where they ſhall think fit to ſet an aſſize of bread) to introduce again, under certain regulations and reſtrictions, the old ſtandard bread made of flour, which is the whole produce of the wheat, the ſaid flour weighing, on an average, three-fourths of the weight whereof it is made, it would tend to prevent many inconveniencies which have ariſen in the aſſize and making of bread for ſale."

"That it is the opinion of this Committee, that the columns calculated for the wheaten bread, in the now repealed

pleaſant and cheap ſubſtitute hitherto made uſe of in this country. In favour of its wholeſomeneſs, much has been publiſhed in Shakeſpeare,

pealed tables of the Act of the 8th of Queen Anne, intituled, "An Act to regulate the Price and Aſſize of Bread," would be the proper aſſize for ſaid ſtandard wheaten bread: and that the twelve-penny loaf of this ſtandard wheaten bread, containing the whole flour of the wheat (the ſaid flour weighing, on an average, three-fourths of the weight of the ſaid wheat) would, upon a medium, contain one pound of bread in weight more than the twelve-penny loaf of the preſent wheaten bread, made under the Act of the 31ſt of George II.

On the 12th of December,

Mr. Ryder brought up the Report of the Select Committee appointed to take into conſideration the preſent high price of corn, and moved—that the Houſe do agree to the following reſolution:

"To reduce the conſumption of wheat in the families of the perſons ſubſcribing ſuch engagement, by at leaſt one third of the uſual quantity conſumed in ordinary times.

"In order to effect this purpoſe, either to limit to that extent the quantity of fine wheaten bread conſumed by each individual in ſuch families;

"Or, to conſume only mixed bread, of which not more than two thirds ſhall be made of wheat;

"Or

Shakeſpeare,* Forſter,† Gerard,‡ the Philoſophical Tranſactions, and in numerous diſtinct eſſays; of the latter, Parmentier's is perhaps the moſt intereſting, which gained the prize propoſed by the Academy of Beſancon, in 1777, and appeared in 1780, conſiderably enlarged and improved, under the title of "Recherches ſur les vegetaux nouriſſants qui dans le temps de diſette," &c.

"Or, only a proportional quantity of mixed bread, of which not more than two-thirds is made of wheat;

"Or a proportional quantity of bread made of wheat alone, from which no more than five pounds of bran is excluded.

"If it ſhould be neceſſary, in order to effect the purpoſe of this engagement, to prohibit the uſe of wheaten flour in paſtry, and to diminiſh, as much as poſſible, the uſe thereof in other articles than bread."

Here the ſame miſtake reſpecting pies is continued.

*Merry Wives of Windſor, 4to. 1619, ſcene iii, Falſtaff.

† England's happineſs increaſed by a plantation of potatoes, 4to. 1664.

‡ Herbal, Ed. 1636, p. 780.

This

This was tranſlated by a reſpectable phyſician in London, and printed for Murray in Fleet-ſtreet, in the year 1783. Parmentier quotes a variety of authors, and gives, from his own experience, many examples to prove, that the potatoe is a wholeſome nutritive root; but if univerſal experience in this country did not ſuperſede all philoſophical deductions, the ſtrong and prolific race of a ſiſter kingdom, whoſe poor are chiefly fed by it, and where giants are almoſt excluſively national, would afford irrefragable proofs of the nutritive quality of this root. We have read of Poliſh dwarfs and Engliſh dwarfs, but I am unacquainted with any importation of them from Ireland.

Parmentier, after chemically analyzing this vegetable, and explaining its different conſtituent parts, deſcribes the proceſs of making ſtarch, ſalep, and ſago from it, the laſt of which is better known here by the name of ſago-powder. I ſhall, however, only quote from him his proceſs for making bread, and likewiſe leaven when yeaſt cannot be procured.

I. POTATOE BREAD.

"Take any quantity of potatoes, well cruſhed and bruiſed, mix them with the leaven prepared the evening before in the uſual way, with the whole of the flour deſigned for making the dough, ſo that one half may conſiſt of pulp of potatoes and half of flour; knead the whole with the neceſſary quantity of warm water. When the dough is ſufficiently prepared, put it into the oven, taking care not to heat it ſo much as uſual, nor to ſhut it up ſo ſoon, and to leave it longer in: without this eſſential precaution, the cruſt of the bread would be hard and ſhort, while the inſide would have too much moiſture, and not be ſoaked enough.

"Whenever it is propoſed to mix potatoes with the dough of different grain, either to ſave a part, or to improve the bread, theſe roots ſhould be reduced into the form of a glutinous paſte; becauſe, in this ſtate, they give tenacity to the flour of ſmall grain,

grain, which are always deficient in this reſpect."*

II. LEAVEN of POTATOES.

"Mix half a pound of pulp of potatoes with an equal quantity of the ſtarch of this root, and four ounces of boiling water; ſet the mixture in a warm place; in forty-eight hours a ſlight vinous ſmell ſhould be exhaled from it; and now a freſh portion of ſtarch, pulp, and water ſhould be added, and the maſs again expoſed to the ſame temperature for the ſame ſpace of time: this operation ſhould yet be repeated a third time. The paſte thus gradually turned ſour may be conſidered as a firſt leaven.

"In the evening dilute this firſt leaven with warm water, mix equal quantities of ſtarch and pulp, in the proportion of one half of the dough; ſo that for every twenty

* A ſmall addition of ground rice, gives tenacity to potatoe-bread, and makes it eat ſhorter.

pounds

pounds of dough, ten of leaven muſt be prepared. When the mixture is exactly made, put it in a baſket, or leave it in the kneading tub all night, taking care to cover it well, and to keep it warm till morning.

" The tedious and troubleſome preparation of the firſt leaven will be avoided after the firſt baking, becauſe a piece of the dough may be ſet aſide and kept."

Of the publications of the laſt year, a very important one is by that accurate chemiſt Dr. Pearſon, who was requeſted, by the Board of Agriculture, to inquire into the compoſition, or parts, of which the potatoe root conſiſts; and particularly to aſcertain the proportion and nature of the watery part. He concludes with Parmentier, with recommending it as highly nutritious, and, like him, as capable of making ſago, ſalep, &c. But, contrary to the declaration of

Parmentier, he ſays, " The art of fermenting potatoe-meal into bread, in place of wheat, has not yet been diſcovered." Parmentier, however, aſſerts, in chapter 4th, " That from various and repeated trials, the potatoe, which hitherto (anno 1777) hath not been converted into a well-raiſed bread, without the mixture of at leaſt an equal quantity of ſome flour, may be made to aſſume that form, without any foreign aſſiſtance." I imagine, that neither Dr. Pearſon, nor the Board of Agriculture, had ſeen this valuable performance of Monſ. Parmentier.

That excellent and humane magiſtrate, P. Colquhoun, eſq. has lately publiſhed, " Uſeful Suggeſtions favourable to the Comfort of the labouring People," &c. But although to this eſſay, as well as to others written to ſerve the community, he has not prefixed his name, he has politely permitted me to avail myſelf of his ſuggeſtions; and, under this liberty, I ſhall annex

nex the manner of preparing ſome of the ſoups recommended by him, as affording much nouriſhment comparatively at a trifling expence.

I. POTATOE SOUP.

Potatoe Soup is made by ſtewing about five pounds of the coarſeſt parts of beef or mutton, or even part of a bullock's head, in ten quarts of water till half done: then pare the ſkin from the potatoes, and put a quantity in the ſtew pan with the meat, together with ſome onions, pepper, and ſalt. Stir it frequently, and when the potatoes are boiled ſufficiently, it will be found a very excellent diſh. If a few bones of beef are added, it will make the ſoup richer, and a greater quantity will be made.* The meat, when ſeaſoned with the onions and pepper, will eat extremely well along with that part of the potatoes which remain whole, and do not

* This is confirmed by the recent trials made by Dr. Johnſton, and hereafter inſerted.

mix with the ſoup; and, in this way, a moſt comfortable meal for a large family is obtained, without uſing any bread at all.—What is called the ſticking of the beef, which is rich and full of gravy, is the beſt meat for this kind of ſoup, becauſe there is no bone in it.

5lb. of this beef generally coſts 2d. a pound, but at preſent it will be 3½d.—ſay - -	1	6
Bones to enrich the ſoup -	0	4
24lb. of potatoes may now be bought for the price of a quartern loaf of bread (which weighs 4lb. 5½ oz.) and they will ſoon be much cheaper. The coſt will be -	1	0
A bunch of onions will coſt, if good and large* - -	0	4
Pepper and ſalt - -	0	4
Total expence of ingredients	3	6

* A perſon who ſpeaks from experience aſſured me, that the addition of a red-herring to this ſoup, proved a good ſubſtitute for onions, pepper and ſalt, and ſaved ſome expence.

This

This diſh will afford a ſavory, comfortable, and even a plentiful and wholeſome dinner to a family of ten or twelve perſons, including children, at the expence of $3\frac{1}{2}$d. for each. It will fill the ſtomach with what will be found both palatable and nouriſhing; and it will prevent that deſire for large quantities of porter, which always become neceſſary when the ſame ſum is expended in a dinner of baked meat, or of bacon and bread, which is not ſo wholeſome, creates a thirſt, and does not impart half the nouriſhment; and, in point of weight of food, the proportion for the ſame money is conſiderably above four-fold in favour of the potatoe ſoup and meat; a circumſtance well worth attending to by the middling, as well as the lower ranks in life—eſpecially where there is a number of children.

This calculation is made with a view to the preſent high prices of meat and vegetables.—In a ſhort time, potatoes will be at, or under, one farthing a pound, and onions will be much cheaper and better, ſo as to afford

afford a greater quantity, and thereby make the diſh more ſavory. Beef may alſo be cheaper, ſo that in place of 3½d. a family may dine well at 2d. or 2½d. a head.

II. BARLEY BROTH.

This diſh, when well made, is, of all others the moſt ſavory, rich, palatable, and nutritious that can be conceived. It admits almoſt of a mixture of every kind of vegetable that can be procured throughout the year, and it cannot be ſaid to be ever out of ſeaſon. The vegetables are parſley, common greens, cabbages, turnips, carrots, peaſe, beans, collards, and brocoli, according to the ſeaſon, conſtantly attending to one rule however, that whatever other herbs are uſed, onions or leeks, and parſley if it can be had, muſt form a part of the ingredients, and the ſoup may be made thick or thin, according to the taſte of the perſon who uſes it. The clod and ſticking of the bullock makes the beſt barley broth, and it may alſo be enriched much by the addition

of

of beef or mutton marrow-bones. Mutton itſelf is frequently uſed in this kind of ſoup, but it does not make it ſo rich or ſo good as beef, which may be uſed in larger or ſmaller quantities, according to circumſtances. A tea-cupful of barley is ſufficient for a large family. What is called pearl-barley is not ſo good as a larger ſort, which does not coſt half ſo much money, and may be purchaſed at about 3d. a pound, or leſs.

The general rule for making this ſoup is as follows:

Take four quarts of water, four pounds of beef with bones, four ounces of barley,* and ſo in proportion for a larger or ſmaller quantity. Stew the whole together for two hours; then put in ſuch pot-herbs and greens as may be ſuitable to the ſeaſon, cut ſmall, with a proper quantity of ſalt, and let the whole boil

* According to the experiments of Count Rumford, barley-meal is preferable to the whole barley, for thickening broth, and rendering it more nutritive.

until

until quite tender. If neceſſary, ſkim the fat off that it may not be greaſy. There may be more or leſs carrots, turnips, greens or peaſe, according to the taſte of the parties; but onions or leeks, according to the ſeaſon, muſt not be omitted, as they give the ſoup an excellent flavour.

This ſoup is generally eaten without bread, and with the addition of a few potatoes, to be eaten afterwards with the boiled meat, makes an excellent meal, extremely good and wholeſome, eſpecially where there are a number of children.

The preſent ſcarcity has not only excited the moſt generous ſubſcriptions for the relief of the poor, among all the higher ranks of the community, but likewiſe propoſals for affording them cheap and nutritious food in all times of diſtreſs. The following receipts

ceipts which have been printed, and ſince diſtributed in ſeveral diſtricts of the city, I have preſumed to inſert here.

A CHEAP FOOD,

Without bread or beer, and with very little meat; and as healthy as can be obtained from wheat or barley, however prepared, and cheaper, even when corn is at the loweſt price.

Receipt I.

Take half a pound of beef, mutton, or pork; cut it into ſmall pieces; half a pint of peaſe, three ſliced turnips, and three potatoes cut very ſmall; an onion or two, or a few leeks; put to them three quarts and one pint of water. Let the whole boil gently on a ſlow fire about two hours and a half, then thicken it with a quarter of a pound of ground rice, and half a quarter of a pound of oatmeal (or a quarter of a pound of oatmeal and no rice). Boil it for a quarter of

an

an hour after the thickening is put in, ſtirring it all the time; then ſeaſon it with ſalt, pepper, or pounded ginger, to the taſte.

If turnips or potatoes are not to be had, carrots, parſnips, or Jeruſalem artichokes, or any garden-ſtuff, will do. This well boiled is not unpleaſant, and is very nouriſhing. As a pint only will be waſted in the boiling, it will be a meal for three or four perſons, without bread or drink; and it will not coſt above four-pence.

Receipt II.

Take two pounds of beef, mutton, or pork out of the tub (or of hung-beef refreſhed in water), cut into very ſmall bits, and put it into a pot with ſix quarts of water, letting it boil on a ſlow fire near three hours (or ſtew it till it is tender). Then put to it a quarter of a pound of carrots or parſnips, with half a pound of turnips, all ſliced ſmall, and ſometimes inſtead of theſe, a few potatoes ſliced (or Jeruſalem artichokes), then ſome greens

greens may be added, according to diſcretion, ſuch as cabbage, celery, ſpinage, parſley, likewiſe two ounces of onions or leeks (which may be omitted if diſliked), the whole thickened with about a pint of oatmeal (or a quart, if intended to be very thick); theſe muſt be well boiled together, and ſeaſoned with pepper, or pounded ginger, and ſalt. It is a wholeſome and well reliſhed food, and will ſupport, for a day, a family of ſix, without bread or drink.

Any kind of meal, or French barley waſhed, or garden broad beans, will make a good ſhift. Pounded rice, or ſplit peas, will thicken better and cheaper than oatmeal, as leſs rice will ſerve.

Receipt III.

Take four pounds of beef (onions, if agreeable, three quarters of a pound) turnips two pounds, rice one pound and a half, parſley, thyme, and ſavory, of each a large handful, pepper and ſalt in a fit proportion,

water

water ſeventeen quarts. Let the beef be cut into ſlices, and after it has boiled for ſome time, let it be minced ſmall. The turnips (and onions infuſed) and ſweet herbs may be minced before they are put into the pot. Let the whole boil together gently about three hours, on a ſlow fire.

Scarce two quarts will be waſted in the boiling, and the reſt will ſerve about eighteen perſons for one meal, without bread or drink.

Where fire is ſcarce, the ſeveral particulars in theſe three receipts being put into a large pot, may be ſtewed together all night in an oven; and the next day may be boiled for a quarter of an hour, with an addition of ſome oatmeal, potatoes, or Jeruſalem artichokes or turnips.

Or take a ſhank of beef, ſix quarts of water, a pint of ſplit peas (or a quart of blue peas) one leek, four or five ſliced turnips; bake them all in a large earthen pot.

To

To make POTATOE BREAD.

Put potatoes in a net into a ſkillet with cold water. Hang it at a diſtance over the fire, ſo that they may not boil until they become ſoft; then ſkin and maſh them, and mix them with their weight of flour, of yeaſt and ſalt a ſufficient quantity, and a little warm water. Knead it up as other dough. Lay it a little while before the fire to riſe, then bake it in a very hot oven.* Flour of rice, or barley-meal, may be uſed inſtead of wheat flour. A few caraways or anniſeeds may be added occaſionally.

To make BEER.

To eight quarts of boiling water put a pound of treacle, a quarter of an ounce of ginger, and two bay leaves. Let theſe boil for a quarter of an hour, then cool and

* M. Parmentier recommends that the oven ſhould be leſs heated than uſual.

work

work it with yeaſt in the ſame manner as other beer.

Or thus.

Take one buſhel of malt, with as much water and hops as if two buſhels of malt were allowed; put ſeven pounds of the coarſeſt brown ſugar into the wort while boiling.

This is very pleaſant, is as ſtrong, and will keep as long without being ſour or flat, as if two buſhels of malt had been put in.

To make YEAST.

Thicken two quarts of water with four ounces of fine flour; boil it for half an hour; then ſweeten it with three ounces of brown ſugar, not the browneſt. When almoſt cold, pour it upon four ſpoonfuls of yeaſt into an earthen jar, deep enough for the yeaſt to riſe: ſhake it well together, and place it for a day near a fire; then pour off

off the thin liquor at top; ſhake the remainder, and cloſe it up for uſe.

It is proper to ſtrain it through a ſieve. To preſerve it, ſet it in a cool cellar, or hang it ſome depth in a well. Keep always ſome of this, enough to make the next quantity that is wanted. As it is not quite ſo ſtrong as yeaſt from ale uſually is, put ſomewhat more than four ſpoonfuls of this, for making new yeaſt.

In a uſeful little pamphlet entitled, "Hints for the Relief of the Poor," juſt publiſhed, there are ſeveral receipts for making cheap ſoups or pottages. The inſertion of which in this place, may be uſeful to ſuch as read theſe Hints with a view to ſerve the community.

The firſt and ſecond receipts are communicated by lieutenant colonel Paynter, dated Portſmouth, October 19, 1795. The ſubſequent ones are by Dr. James Johnſton, of the Royal Hoſpital, Haſlar; dated Portſea, October

October 19th and 24th, 1795, addreſſed to admiral Waldegrave: and Dr. Johnſton's teſtimony in favour of their ſalubrity and great nutritious quality, is a ſufficient recommendation. Theſe appear to have been ſuggeſted by the humane Admiral,* for Dr. Johnſton's trial and opinion.

FIRST TRIAL.

TO MAKE A GOOD AND CHEAP POTTAGE.

Take three pounds of the ſtickings of beef, or part of the ſhin, or any of the coarſe

* He informs me, that he has found pompions a very cheap product, as they will grow on any dunghill. Dr. Waterhouſe, of Cambridge Maſſachuſets, ſpeaks of the pompion common with the inhabitants, in the moſt favourable recommendation, under the name of the winter, or long-necked ſquaſh. "They weigh" he obſerves, "from ten to fifteen pounds, and are eaſier raiſed than the potatoe, and which are, I think, preferable for making bread. I here ſend you ſome of the ſeed, which ſhould be ſown in April, and gathered in October, when the ſtalk or vine

coarſe or cheap parts: put theſe into eleven quarts of water; after boiling two hours, add one pound of Scotch barley, and let it boil four hours more; during this time ſix pounds of potatoes are to be added, half a pound of onions or leeks, and of parſley, thyme, or ſavory, a due proportion. Seaſon the whole with pepper and ſalt. Any additional vegetables may be added, and half a pound of bacon cut into

vine begins to wither. The ſquaſh ſhould be boiled for about half an hour, and then maſhed up with the flour or dough, juſt as Dr. Fothergill directed to be done with potatoes. We make bread-puddings, and moſt excellent pan-cakes, by mixing certain proportions of this vegetable, previouſly boiled with flour. We moſt commonly eat them ſtewed, the ſkin being firſt taken off, and the entrails taken out. It is almoſt a ſtanding diſh at our tables, even among the moſt opulent."

It has often been a matter of ſurprize to me, that ſo little uſe ſhould be made of our dunghills in England, when one ſmall one, ſix yards ſquare, would produce 500 pounds weight at leaſt, of different kinds of ſquaſh and pompions, and that without any expence. They will even grow in common mold. They make good pies with quinces, or any acid vegetable.

ſmall bits, if you wiſh to make it more ſavory; this will produce full three gallons of pottage, which will require no bread.

In London, or large towns, bones may be procured from the butchers, which will anſwer the purpoſe as well, and come much cheaper.

N. B. In ſummer, turnips and carrots may ſupply the place of barley, but it muſt be made thick. Meat of the above deſcription coſts 3d. per pound. Your pot muſt boil over a ſlow fire.

The whole coſt three ſhillings and fourpence, and ſatisfied twenty men, without bread, the nature of the food not requiring any. Colonel Paynter adds, that the men in the barracks liked it very much, and that the officers alſo had it in their meſs, and found it excellent.

SECOND TRIAL.

ANOTHER VERY CHEAP AND GOOD DISH.

After boiling one pound of Scotch barley, let it ſtand to cool in an earthen pan, all the water being carefully drained from it; boil one pound of bacon in two quarts of water; a few minutes before you take it off the fire, put in your barley and it will fall to pieces immediately, and very ſoon nearly ſuck up all the juices of the bacon; you will then only have to pour off the remaining water; a few onions or leeks ſhould be boiled with the bacon, and pot-herbs, if you have them. Seaſon with pepper and ſalt.

Note. When you make a very thick meſs with potatoes, and mean to eat the broth, it is better, if you can, to parboil and peel them before you put them into your broth-kettle.

The common price of Scotch barley varies from 17s. to 1l. 1s. per hundred weight. The retail price is in general about 3d. per pound.

One pound of Scotch barley boiled four hours, and put into a pan to cool, becomes a ſort of jelly, which will inſtantly fall to pieces on being put into boiling water. When it is in its congealed ſtate, it will weigh four pounds. This is a moſt excellent nouriſhing food either to make pottage, or mixed with ſugar, for young children.

THIRD TRIAL.

Gravy beef 1lb. - -	0	$3\frac{1}{2}$
Scotch barley one third of a pound	0	1
Potatoes 2lb. - - -	0	1
Onions, one third of a Pound -	0	$0\frac{1}{2}$
Pepper and ſalt - -	0	$0\frac{1}{2}$
Bacon 3 oz. - -	0	$2\frac{1}{2}$
Produce four quarts	0	9

Dr. Johnſton conceives, that this quantity would make a dinner and ſupper for three working men, without bread or any drink whatever, more ſalutary and nutritive than

than the uſual food of the laborious claſs of the community, which, in general, conſiſts of fat bacon and cabbage; with this they eat bread, and muſt have beer to drink: and if a labouring man is ſuppoſed to eat a pound of bacon, at 9d. per pound, for his dinner and ſupper, that article alone is equal to what might ſupport three, independent of bread and beer.

FOURTH TRIAL.

	s.	d.
Sheep's head - -	0	5
Barley, ½ lb. - -	0	1½
Potatoes, 3 lb. - -	0	1½
Onions, ½ lb. - -	0	0½
Pepper and ſalt - -	0	0½
Cabbage, turnips, and carrots -	0	1
Water, eleven pints - -	0	0
Produce ſix quarts	0	10

This

This was ſuperior to the other, in richneſs of flavour and taſte, owing to the bones in the head, which were broken to pieces previouſly to their being put into the ſtew-pan; This meſs would make a moſt comfortable dinner for four men.

FIFTH TRIAL.

	s.	d.
Bacon, ½ lb. - - -	0	4½
Barley, ½ lb. - -	0	1½
Onions, pepper and ſalt -	0	1
Produce 2 lb. 8 oz.	0	7

This coſt 7d. and would dine three men without bread; but it appears that ſomething to drink would be neceſſary with it.

SIXTH TRIAL.

Made with neck beef, ſimilar to the firſt experiment.

SEVENTH

SEVENTH TRIAL.

	s.	d.
Ox cheek - -	0	10
Barley 1 lb. - -	0	3
Potatoes 6 lb. - -	0	3
Pepper and ſalt - -	0	1
Onions 1 lb. - -	0	1
Cabbage, turnips, and carrots	0	2
Water, 22 pints - -	0	0
Produce three gallons	1	8

This being made without bacon coſt 20d. and produced three gallons of moſt excellent pottage, ſufficient for eight men, of the moſt laborious employment, for dinner and ſupper. This yielded rich and better pottage than any of the others; and ox-cheek ſeems to have the preference to any of the coarſe pieces of beef.

The above receipts were made in a very cloſe ſtew-pan, that emitted ſcarcely any evaporation, which is a material circumſtance.

Dr.

Dr. Johnſton remarks, that pottage prepared as above is wholeſome and nutritive, and is ſo ſelf-evident, as cannot fail to carry conviction to every unprejudiced mind, and more conducive to health, than the coſtly diſhes of the moſt luxurious tables; but that he does not recommend this diet to be daily uſed without any change, though he concludes that every poor family may uſe it three or four times a week, without being cloyed with a ſameneſs.

EIGHTH TRIAL.

	s.	d.
Shin of beef coſt - -	1	0
Barley, 1 lb. - -	0	3
Onions, 1 lb. - -	0	1
Potatoes, 6 lb. - -	0	3
Cabbage, carrots, and turnips	0	1½
Salt and pepper - -	0	1
Water, 11 quarts - -	0	0
Produce 3 gallons	1	9½

Dinner for ſeven men at 3d. each.

NINTH

NINTH TRIAL.

	s.	d.
Quarter of an ox-head -	0	6
*Barley, ½ lb. - -	0	1½
Onions, ½ lb. - -	0	0½
Potatoes, 3 lb. - -	0	1½
Cabbage, carrots, and turnips	0	1
Salt and pepper - -	0	0½
Water, 5½ quarts - -	0	0
Produce, 6 quarts of a rich and high flavoured pottage.	0	11

In the two laſt trials, Dr. Johnſton omitted the bacon, both on account of its being an expenſive ingredient, and from its flavour being in ſome of the others too predominant. On the whole of the trials, which he made with the utmoſt care and attention, he gives it as his opinion, that ox-cheek or ſhin of beef claim the preference, to any

* Count Rumford, in his management of the poor at Munich, adviſes barley-meal; and likewiſe preparations of Indian corn.

coarſe

coarſe pieces without bones, which he is convinced add much to the richneſs and grateful taſte of the pottage.

As the following table may be of uſe in aſcertaining, by experiment, the beſt mode of variouſly combining wheaten-flour with other ſubſtances; and of knowing the loſs of weight ſuſtained by baking, I have inſerted it in this place.

An

Victualling Office, Dec. 8, 1795.

As

An ACCOUNT, ſhewing the produce of ſeven pounds (being the ſtipulated quantity allowed for two quartern loaves) of ſundry mixtures of Grain, and of Grain and Potatoes, directed to be baked into bread:—Shewing the weight of dough made therefrom, the quantity required for making two quartern loaves, according to the uſual cuſtom of the town Bakers, being 9lb. 10oz. or 4lb. 13 oz. each;—the weight it turned out over or ſhort thereof, and the weight of the bread when taken out of the oven, and when cold. Prepared in purſuance of a Letter from the Hon. DUDLEY RYDER, Chairman of the Corn Committee of the Hon. Houſe of Commons, dated the 28th November laſt.

	DESCRIPTION of BREAD.	FLOUR.	DOUGH.				BREAD.			
		Weight allowed for making two quartern loaves, at 9lb 8 oz. each.	Weight after being properly mixed with yeaſt, ſalt, and water.		Over or ſhort of the weight allowed.				Weight when taken out of the oven.		Weight when cold.	
					Over.		Short.					
		lb.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.	lb.	oz.
No. 1	2-3ds Wheat, 1-3d Indian Corn — — —	7	11	9	1	15	—	—	8	10	8	7
2	2-3ds ditto, 1-3d Barley — — — —	7	10	14	1	4	—	—	8	7	8	3½
3	2-3ds ditto, 1-3d Oatmeal — — —	7	10	8	—	14	—	—	8	9	8	4½
4	2-3ds ditto, 1-3d Rye — — — —	7	10	15	1	5	—	—	8	9	8	5½
5	2-3ds ditto, 1-3d Potatoes — — —	7	8	15	—	—	—	11	8	1½	7	12½
6	3-5ths ditto, 1-5th Indian Corn, and 1-5th Potatoes —	7	9	12	—	2	—	—	8	11½	8	7
7	3-5ths ditto, 1-5th Barley, and 1-5th Potatoes —	7	9	6	—	—	—	4	9	3½	8	14½
8	3-5ths ditto, 1-5th Oatmeal, and 1-5th Potatoes —	7	9	10	—	—	—	—	8	12	8	7½
9	3-5ths ditto, 1-5th Rye, and 1-5th Potatoes — —	7	9	5	—	—	—	4	8	14	8	9½
10	3-5ths ditto, 1-5th Indian Corn, and 1-5th Barley —	7	11	3	1	9	—	—	9	1½	8	13½
11	3-5ths ditto, and 2-5ths Potatoes — — —	7	8	10	—	—	1	—	7	11	7	9

As various ſubſtitutes for wheat have been recommended by different writers, I have annexed my Hints on Bread-Flour, printed in the Monthly-Ledger, vol. 1, p. 397, anno 1773.

SECTION

SECTION VII.

HINTS

RESPECTING A

SUBSTITUTE

FOR

WHEAT BREAD.

The ſoul, that feels for others woe,
From heaven its origin doth ſhow.

HE that does good to his fellow-creatures, according to the means with which he is enabled, practiſes active religion and virtue; but the man, however ſcrupulous and tenacious he may appear of maintaining the exterior forms of virtue, that doth not ſhare, amongſt his fellow-creatures in diſtreſs, the bounties of heaven diſpenſed to him, is fit only for the unſocial limits of a monaſtery.

The

" The occaſions of making ourſelves happy, by relieving others," as has been obſerved, " are numberleſs, and ſeem particularly adapted to diffuſe happineſs more generally amongſt mankind. If affluence and independence could univerſally exiſt, the benevolent would not experience the inexpreſſible pleaſure of relieving the needy, neither could there exiſt that grateful ſatisfaction which modeſt indigence ever feels from well-timed ſuccour."

In this city, however, there is no probability that theſe cauſes of mutual pleaſure will ever be removed; but, on the other hand, the affluence of ſome riſes in proportion to the diſtreſs of others, whoſe wants ſilently petition for the aſſiſtance of the former. Theſe wants not only vary in degree and permanence, but the means of relief likewiſe, with reſpect to immediate or permanent aid; a little pittance, timely beſtowed, ſaves many a modeſt object; but that aid, which tends to the future as well as the preſent ſupport of life, ſeems alſo beſt calculated to promote happineſs more univerſally amongſt the poor. With this numerous

numerous claſs of the community, bread is literally the ſtaff of life, and by whatever medium this can be handed to theſe at a leſs expence, muſt be equally laudable in the deſign, and beneficial in the effects; as thereby the ſavings of this article may be employed in procuring other neceſſaries of life, contributing at once to the health and happineſs of ſuch individuals.

That wholeſome bread may be procured at a price inferior to any hitherto ſuggeſted by the legiſlature is well aſcertained by mixing the fine flour of Indian corn with that of wheat, in equal proportions; which, if rightly managed, the colour will be about the ſame as the ſtandard wheaten bread, and about two-pence in the quartern loaf cheaper than the fine wheaten, when that may be at eight-pence per quartern. No ſubſtance uſed as aliment, has been more fully and ſatisfactorily proved to be nutritious than this corn, which has of late been exported in conſiderable quantities from our North American colonies,* where it

* Theſe Hints were printed before the independence of the colonies; but with the additional expence of alien duties, it ſtill affords a cheap article.

forms

forms a large ſhare of the diet of both the rich and the poor; it is light, and eaſy of digeſtion, and at the ſame time affords much nouriſhment, as thoſe moſt addicted to it, endure exerciſe and labour with ſuperior eaſe; and it has likewiſe been particularly remarked, that horſes fed with it, will travel farther, and bear the fatigues of a long journey, much better than when fed with any other food whatever. About the metropolis, ſome hundred quarters of this corn have been brought for the feeding of hogs particularly, and it has rendered their fleſh whiter, and better flavoured, than when fed with any thing elſe hitherto uſed; and, for black cattle, deer, and poultry, there is no food ſuperior to this grain.

Were it uſed more univerſally for theſe purpoſes, as well as at the table, part of the land now employed here for oats or wheat, might be turned to paſture, or other purpoſes, conducive to lower the price of proviſions, and hence to ſerve the community.

The

The people of North America dreſs the flour into various forms, which it is as well calculated for as that of wheat. The flour of this corn poſſeſſes, to moſt, an agreeable ſweet flavour, ſo that ſome perſons, who have accuſtomed themſelves to the bread made of it, find a difficulty in returning to the uſe of any other; and I have known individuals ſo fond of it, as to import it on their own accounts; ſome indeed do not ſo eaſily reconcile themſelves to it, which often ariſes from the miſmanagement in grinding the corn or baking the bread. The bakers, who are not yet familiarized into the beſt method of mixing and preparing it with wheat flour, do not always make the bread as it ſhould be; and thereby ſome, who form their judgment from taſting loaves of one baking only, are diſappointed and miſled.

There ſhould be no leſs care in grinding the corn; as a part of the interior edge of the grain is compoſed of a ligneous ſpongy ſubſtance, the middle of which is of a dark

brown colour, and of a bitter taſte, which, if ground into the flour, produces a diſagreeable flavor; to avoid which, the mill-ſtones ſhould be ſet ſo wide, as but juſt to burſt the thick or farinaceous part of the grain, which ſhould be paſſed through a ſieve, in order to ſeparate the above-mentioned bitteriſh ſubſtance; the grain ſhould then be ground with the ſtones ſet to render it ſufficiently fine; by this precaution the flour is as white as that of the fineſt wheat, and full as pleaſant to eat; it poſſeſſes the peculiar quality of preſerving the bread, made from a mixture of it, in a moiſt ſtate for many days, which at leaſt in dry weather, is no inconſiderable advantage.

In a political view, the introduction of this uſeful ſubſtance in diet is very important; for while it tends to lower the price of bread, and conſequently of proviſions in general, it encourages the growth of an article in our American colonies, which enjoy a climate ſimilar to ours, and thereby employs their lands, which otherwiſe might be turned to the culture of wheat, and other

kinds

kinds of corn, which interfere with our exports; to preſerve therefore a mutual interchange of benefits and good offices between the mother country and the colonies,* is one of the firſt principles of true government, and ultimately tends to a compact founded upon intereſt, and which, amongſt nations, is the moſt amicable as well as the moſt durable.

* Vide Sir Joſiah Child on Trade; and Political Eſſays on the preſent State of the Britiſh Empire.

SECTION VIII.

HINTS

RESPECTING THE

EFFECTS

OF A

LITTLE DROP.

Longa dies molli ſaxa peredit aqua.

Tib. l. 1. cl. 4.

In time ſoft rains through marble ſap their way.

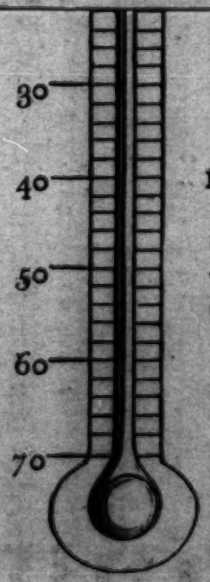
WHENEVER cuſtom has long eſtabliſhed a mode of conduct, although it may be inconſiſtent with morals or health, ſtrong muſt be the effort of reaſon to overcome it. The cuſtom I wiſh to diſcourage, of indulging in a *little drop* of ſpirituous liquor, is no leſs deſtructive of the powers of the mind, than of the ſtrength and health of the body: whilſt it inſinuates its deleterious influence, it leads on its votaries, till it becomes almoſt as fatal to retreat, as to proceed; but ſo frequently are theſe painful examples

A

MORAL AND PHYSICAL THERMOMETER;

OR,

A SCALE of the Progreſs of TEMPERANCE and INTEMPERANCE.



- 30 — Grog, and Brandy and Water;
- 40 — Flip and Shrub;
- 50 — Bitters infuſed in Spirits; Uſquebaugh; Hyſteric Water;
- 60 — Gin, Anniſeed, Brandy, Rum, and Whiſky in the *Morning*.
- 70 — Ditto, during the *Day* and *Night*;

Quarrelling;
Fighting;
Lying;
Swearing;
Obſcenity;
Swindling;
Perjury;
Burglary;
Murder;
Suicide.

Bloatedneſs;
Inflamed Eyes;
Red Noſe and Face;
Sore and ſwelled Legs;
Jaundice;
Pains in the Limbs, and burning in the Palms of the Hands, and Soles of the Feet;
Dropſy;
Epilepſy;
Melancholy;
Madneſs;
Palſy;
Apoplexy;
DEATH.

Black Eyes;
Rags;
Hunger;
Hoſpital;
Poor-houſe;
Jail;
Whipping;
The Hulks;
Botany Bay;
GALLOWS.

MORAL AND PHYSIC

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A SCALE of the Progreſs of TEM

LIQUORS, with their EFF

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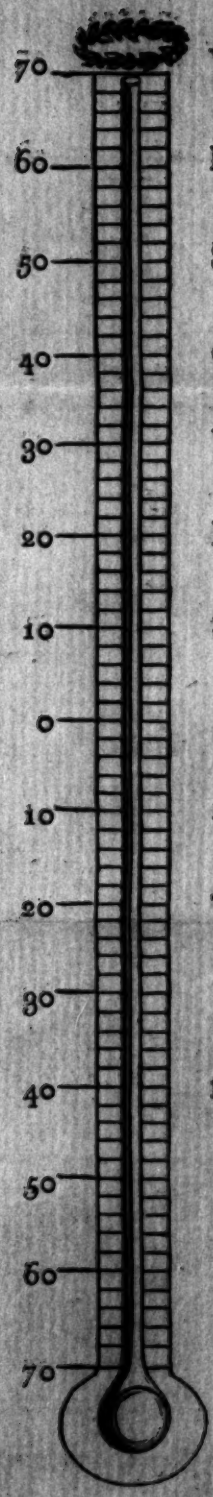


A

SICAL THERMOMETER;

OR,

TEMPERANCE and INTEMPERANCE.

eir EFFECTS, in their uſual Order.

TEMPERANCE.

Health, Wealth,
Serenity of Mind;
Reputation, long Life, and
Happineſs.

Cheerfulneſs,
Strength and
Nouriſhment, when taken only at
Meals, and in moderate Quantities.

INTEMPERANCE.

VICES,	DISEASES.	PUNISHMENTS
Idleneſs;	Sickneſs; Puking, and Tremors of the Hands in the Morning;	Debt;
Peeviſhneſs;	Bloatedneſs;	Black Eyes;
Quarrelling;	Inflamed Eyes;	Rags;
Fighting;	Red Noſe and Face;	Hunger;
Lying;	Sore and ſwelled Legs;	Hoſpital;
Swearing;	Jaundice;	Poor-houſe;
Obſcenity;	Pains in the Limbs, and burning in the Palms of the Hands, and Soles of the Feet;	Jail;
Swindling;	Dropſy;	Whipping;
Perjury;	Epilepſy;	The Hulks;
Burglary;	Melancholy;	Botany Bay;
Murder;	Madneſs;	GALLOWS.
Suicide.	Palſy;	
	Apoplexy;	
	DEATH.	

ROYAL AND PHYSICAL THERMOMETER.

examples of human infelicity brought under my obſervation, that I cannot refrain from perſuading the unfortunate votary to pauſe before it be too late, and to daſh from his lips, the fatal drop, which faſcinates only to deſtroy; and you of the female ſex, who by delicacy of habit, may be led into the vortex of the ſyren's influence, fly from the delirium it induces, and hearken to the voice of calm reaſon, which leads to temperance, compoſure, and health. Regard not the prevalence of a bad habit, or the fallacy of language, for a little drop of ſpirit, is a drop of poiſon. You have heard of cordials, ſtomach tinctures, bitters, nervous drops, hyſteric water, and other alluring titles,* but, alas! the drop ſparkles only to deceive.

The miſeries entailed by habitual indulgence in theſe injurious fluids, differ much

* The following inſcription in large letters, occupied, till very lately, nearly the whole ſurface of the front of a houſe on Ludgate-hill. "Pro Bono Publico, Jas. "Aſhley in 1731, reduced the price of Punch, raiſed its "reputation, and brought it into univerſal eſteem." A popular ſpirit was once ſold under the title of True Blue, or Wilkes's Eye Water.

much as to their progreſs and violence, and even the ſymptoms vary ſo much, as to admit of obvious diſtinctions.

The *firſt* I ſhall notice, as being generally leſs painful, though equally permanent, are the ſymptoms more eſpecially attendant on perſons who have, early in life, habituated themſelves to drink freely of wine of various kinds, and from their ſituations in life, undergone a change of climate, as from Europe to the Indies, &c. Punch-drinkers, likewiſe, have been liable to ſimilar complaints. The firſt appearance of diſeaſe is loſs of appetite, which at length is ſo weakened and vitiated, that after taking food, before the return of the next meal, a kind of heavy pain of the ſtomach, with a conſtriction of the muſcles of the body, comes on, and with a ſlight effort, a ſweetiſh, brackiſh, or acid fluid, is thrown up, and the pain and conſtriction for a ſhort time ſubſide. For ſeveral years in this unhappy ſtate, the perſon drags on a life, rendered now and then more ſupportable, either by renewed potations, or exſputations, till at length

length the bodily and mental powers become impaired; the object grows emaciated, the whole body ſhrinks; neither ſwelling nor dropſy appear, though the countenance looks ſallow; the region of the liver is not enlarged, and the liver itſelf ſeems leſs than natural: the urine is not very high coloured; the *fæces* are hard and dark-coloured; the ſtomach will take and retain food, but after receiving it, it is oppreſſed, and feels tightened or contracted in its dimenſions; the ſufferer expreſſes it, as if it were tied by a ſtraight bandage; the ſame ſenſation affects the bowels, and the body ſuffers ſuch irregular conſtrictions, as become evident to the external touch, the muſcles being drawn into irregular action, the ſurface of the belly is diverſified with protuberances and cavities: ſometimes the ſpaſmodic ſtrictures run tranſverſely, and raiſe this ſurface like waves of the ſea. The pain continues increaſing to ſuch exceſs, that the miſerable ſufferer is obliged to preſs againſt a table or ſome hard body, to mitigate his diſtreſs, till vomiting brings a reſpite; or he haſtens this operation, by thruſting

thruſting his finger into the throat; and thus relieves himſelf till the next reception of nouriſhment, when the ſame tragedy is repeated. The matter diſcharged is thin, acrid, ſour, ſweet, or brackiſh. Sometimes, inſtead of conſtipation, an occaſional purging enſues, and mitigates the pain, whilſt it ſubdues the conſtitution; and after years of miſery, the victim ſlides into a fatal decay; but long before this, the powers of the mind have been debilitated, and its recollection and actions impaired.

The *ſecond* train of diſtreſsful ſymptoms which I ſhall relate, more generally ſucceed the free uſe of ſpirits, or of wines with the admixture of ſpirits, as Madeira; and eſpecially where late hours and illicit amours have been ſuperadded.

The early ſymptoms of complaint are, a pain and oppreſſion about the pit of the ſtomach, after eating, or diſtenſion from fluid; this pain extends to the breaſt and ſhoulders; there are frequent eructations of wind,

wind, which ſeem to burn the throat as they aſcend; theſe ſymptoms, which are uſual in affections of the liver, and particularly in bilious effuſions, are at firſt ſo trivial, as ſeldom to alarm the fears of the patient, or he ſlightly mentions them as ſymptoms of the gout, whilſt he attempts to avert the preſent ſuffering, by indulging more freely in the very cauſe of the miſchief, till repeated ſillips of raw ſpirits, or a dilution of the poiſon, render exiſtence miſerable.

The appetite now totally fails, but an inſatiable thirſt continues, and if it be not ſupplied with an exhilarating cordial, the vital ſpirits inſtantly flag, and ſuch horrors take place as are dreadful even to a bye-ſtander; the poor victim is ſo depreſſed, as to fancy a thouſand imaginary evils; he expects momentarily to expire, and ſtarts up ſuddenly from his ſeat; walks wildly about the room; breathes ſhort, and ſeems to ſtruggle for breath; if theſe horrors ſeize him in bed, when waking from ſlumber, he ſprings up like an elaſtic body, with a ſenſe of ſuffocation,

tion, and the horrors of frightful objects around him; at the ſame time the pain of the ſtomach continues and augments; the ſight of wholeſome plain food gives diſguſt, inſtead of appetite; drink is his cry; or if hunger is excited, it is after high-ſeaſoned, ſalt, or acrid nouriſhment.

At this time, if a dropſy, or fatal jaundice, do not terminate exiſtence, the legs ſhrink, are ſwarthy-coloured like the reſt of the body, and ſometimes purple ſpots appear and diſappear for many months; the extremities feel ſore to the touch, and upon ſcratching them, exſude blood: the thighs are likewiſe ſhrunk; but the body, and particularly about the region of the liver, becomes enlarged, and the hardneſs of the liver may be frequently traced: the face is nearly copper-coloured, and emaciated; ſometimes overſpread with little ſuppurations, which dry and turn ſcaly; the breath ſmells like rotten apples, and the *morbus niger*, or vomitings of a fluid like that of coffee-grounds, ſnatch the patient from complicated

complicated miſery. Sometimes a purging, or bloody diſcharges, haſten the cataſtrophe.

The *third* train of ſymptoms to be deſcribed, is not confined to age or ſex, but is in general, more frequently the attendant of the female ſex.

The perſons liable to the ſymptoms, have been thoſe of delicate habits, who have endeavoured to overcome the nervous debility, by the aid of ſpirits: many of theſe have begun the uſe of theſe poiſons from perſuaſion of their utility, rather than from the love of them: the relief, however, being temporary, to keep up their effects, frequent acceſs is had to the ſame deluſion, till at length what was taken by compulſion, gains attachment, and a little drop of brandy, or gin and water, becomes as neceſſary as food; the female ſex, from natural delicacy, acquire this cuſtom by ſlow degrees, and the poiſon being admitted in ſmall doſes, is ſlow in its operations, but not leſs painful in its effects.

The

The ſoberer claſs of tradeſmen, alſo, who occaſionally indulge in their ſixpenny-worth of brandy and water, gradually ſlide into the ſame unhappy habits, and entail upon their conſtitutions the ſame miſery, which I ſhall now introduce.

The firſt appearance of indiſpoſition very much reſembles what has been laſt deſcribed; and under the deception of the Gout, the fuel is heaped upon the fire, till the deluſion has been too long maintained to admit of retreat: in general, at leaſt, the attachment to the uſe of ſpirituous drink, becomes ſo predominant, that neither threats nor perſuaſions are powerful enough to overcome it. The miſerable ſufferer is ſo infatuated, as, in ſpite of locks and keys, to bribe by high rewards the dependent nurſe, privately to procure it.

But the concluding ſymptoms are very different from either of the foregoing hiſtories: frequently indeed, the appetite for food vaniſhes, but ſometimes continues voracious;

voracious; and at the ſame time, whilſt the body is coſtive, and no vomiting enſues, the lower extremities grow more and more emaciated; the legs become as ſmooth as poliſhed ivory, and the ſoles of the feet even glaſſy and ſhining, and at the ſame time ſo tender, that the weight of the finger excites ſhrieks and moaning; and yet I have known, that in a moment's time, heavy preſſure has given no uneaſineſs. The legs, and the whole lower extremities, loſe all power of action; wherever they are placed, there they remain till moved again by the attendant; the arms and hands acquire the ſame palſied ſtate, and the patients are rendered incapable of feeding themſelves. Thus, for years they exiſt, with no material alteration in the ſize of the body, or aſpect of the countenance.

Whether they really undergo the agonies they appear to ſuffer, I much doubt, as at this period their minds appear idiotiſh: they often ſhriek out with a vehemence that may be heard at a conſiderable diſtance,

diſtance, but upon enquiring about the ſeat of pain, they have been vague and indeciſive in their anſwers. When a cramp comes on the lower extremities, involuntary motions draw up the legs, and produce the moſt piercing ſhrieks: and the features of the face, altered by convulſive twitchings, excite pain in a ſpectator. For ſome months before they die, theſe ſhrieks are more inceſſant, and as violent as the ſtrength will admit.

They talk freely in the intervals of mitigation, but of things that do not exiſt; they deſcribe the preſence of their friends as if they ſaw realities, and reaſon tolerably clear upon falſe premiſes.

Moſtly, before they die, they take leſs food; ſometimes a purging ſucceeds, of a thin ſubſtance, and of a dark green colour: ſometimes a vomiting of a black matter; but, moſt generally, they gradually ſink from the accumulation of pain and debility. There is rarely any fever. They do not,

as

as in the preceding ſtate, fall into dropſies, but uſually become paralytic; the breath is not offenſive, nor is there the ſame difficulty of breathing, or horror of ſuffocation: whether the imperceptible and gradual augmentation in the uſe of ſpirits, is the cauſe of this difference, I am not certain; but the difference is conſiderable, as muſt appear from their hiſtories, which I have drawn from actual obſervation.

I would not, however, infer, that every ſpirit-drinker acquires the ſymptoms of diſeaſe above related, or that other diſeaſes do not more frequently ſucceed this dangerous habit: liver diſeaſes, of various kinds, it is well known, uſually reſult from intemperance, and dropſies often ſucceed; but from ſome circumſtances in the conſtitution, or from the mode of indulgence in liquors, the ſymptoms I have deſcribed have ſeverally occurred where no dropſical affections have ſupervened. There is ſomething in ſpirituous liquors, ſo injurious to the human frame, that too much attention cannot be paid

paid in diſcouraging the uſe of them. Many of the unhappy victims I have attended, aſcribe their ſufferings to the unguarded advice of ſome medical practitioner, who has, under the idea of wine turning ſour on the ſtomach, permitted a little drop of brandy and water to be ſubſtituted; ſeldom, indeed, a day paſſes without introducing me to the ſick bed of ſome deluded object of miſery; and it is from the moſt decided conviction of the injury, that I would guard every perſon from beginning with even a little drop of this faſcinating poiſon, which once admitted, is ſeldom, if ever, afterwards overcome. Whenever I hear the patient plead for ſome ſubſtitute for beer or wine, under the ſuppoſition of their turning ſour, my fears are alarmed, and my endeavours excited, to pluck the unſuſpicious patient from the brink of deſtruction; this plea is never made, till the exhilarating influence of ſpirit has been experienced: and not a moment ſhould be loſt, in warning ſuch objects of their danger.

Some

Some who avoid brandy, have been induced to take rum, from a vulgar opinion, that it is more oily and balſamic: the argument is erroneous; for what balſamic qualities can empyreumatic oil contain? Others, who condemn both brandy and rum, make no objection to gin, becauſe they think it diuretic; but ſo far from it, that half the dropſies among the lower claſſes of the people originate, or, at leaſt, are confirmed by the uſe of this ſpirit; they are all poiſons, and are nearly alike deleterious.

When the effects of ſpirits on the conſtitution, have not greatly contaminated it, beyond the frequent recurrence of ſickneſs and vomiting; after interdicting ſpirits altogether, the patient ſhould be allowed to fix upon ſome one ſpecies of nutriment; and, whatever it is, ſhould be confined to it alone, and that in the ſmalleſt quantities poſſible, and at regular ſtated diſtances, that the preceding portion may be properly digeſted, before any addition be allowed; when the ſtomach has thus acquired more tone, either ſome new, or an increaſe

of the former nutriment, may be admitted.

I once attended a lady, who could not retain any food on the ſtomach above an hour or two. I requeſted her to fix upon ſome light nouriſhment that ſhe could palate, and ſhe mentioned milk: I then reſtrained her to four table-ſpoonfuls of it every ſix hours, and afterwards increaſed the quantity as the ſtomach could bear it. From this ſhe went to broth, and thus gradually acquired ſuch a ſtate of the ſtomach, as to bear the uſual food of the family; and for four years paſt ſhe has enjoyed good health, with the moderate uſe of a glaſs of wine, or beer; but not one drop of ſpirits.

But in ſome caſes, where the habit of drams has been long continued, the total and ſudden omiſſion of them, has ſunk the perſon into irretrievable debility. Here this pernicious cuſtom muſt be left off gradually. A man who uſually drank twelve drams a day, being convinced of his approaching

proaching misery, took the resolution to wean himself from this poison; he always drank out of one glass, into this he daily dropped a drop of sealing-wax; by this means he had twelve times twelve drops less of spirit every day, till, at length, his glass being filled with wax, his habit was cured.

The same advantage has been obtained, by taking the dram, or glass of cordial, out of a quart bottle, which is to be replenished each time with as much water, and by this means gradually diluting the remaining liquor, till its strength becomes wholly subdued, and little more than the substituted water remains.

Painful indeed is this truth, that when the indulgence in spirituous liquors is rendered habitual, it is extremely difficult to overcome. Although the miserable object is persuaded, that it clouds his reason, debilitates his mental as well as corporeal faculties, debars him of all the cheerful gratifications annexed to health and virtue; yet

ſo exceſſive are the debility and tremors of the body—and ſo horrid is the deſpondency of the mind after the exhibirating effects of theſe liquors have ſubſided, that without a perſeverance in determined efforts to vanquiſh this habit, a repetition of the deluſive poiſon will be indulged, till reſolution is too tranſient and weak to enable the victim to ſtop at the precipice, which terminates his painful exiſtence.

May ſuch, however, as have ſtrength of reſolution to reflect upon their danger, be encouraged by an aſſurance, that however great the debility may feel, and ſtrong the idea of diſſolution may appear, yet from mere debility alone, life is not in danger; and this is a certain fact, that the longer and more frequently the evil habit is reſiſted, that habit becomes leſs powerful, whilſt the ſtrength of the conſtitution proportionally augments, and thereby renders the victory leſs difficult than might at firſt appear; and what exertions are more intereſting

tereſting and worthy of a rational being, than thoſe which ſubſtitute vigour and health of body, for agitation, tremor, and pain; and ſerenity and cheerfulneſs of mind, for horror, deſpondency, and ſuicide?

A MORAL

terfting and worthy of a rational being, than thole which fubfitute vigour and health of body, for agitation, tremor, and pain; and ferenity and cheerfulnefs of mind, for horror, defpondency, and lifeside?

A MORAL

Vol. I. plate 2 page 199.

TAVERN FEAST.

SECTION IX.

HINTS

RESPECTING THE

EFFECTS

OF

TAVERN FEASTS.

THERE are few bleſſings, that do not require a degree of prudence to render them permanent, or to renew them with the zeſt of true enjoyment. This is peculiarly applicable to the objects of theſe hints.

We, who are denizens of a ſocial land, and poſſeſſing ſocial hearts, which introduce us into an extenſive and chearful acquaintance;

ance; have often been led to partake of convivial entertainments with our friends; which naturally beget in us, a virtuous intereſt in promoting their happineſs, and which infers the preſervation of their health, without which no rational gratification can ariſe from enjoyment.

To promote a bleſſing ſo eſſential to individual pleaſure, it will not be improper, candidly to exhibit ſome of the injurious effects of feaſting; that conviviality may never be interrupted by the alloys of pain and diſeaſe; and that by œconomy of enjoyment, we may enſure a permanent reliſh of ſocial happineſs.

To the honor of the nation in general, and of this city in particular, charitable inſtitutions have been amazingly increaſed; and, to promote their ſucceſs, tavern dinners have been equally multiplied. At theſe entertainments of good eating and drinking, the generous mind in its individual enjoyment, is expanded towards the inferior claſſes of the community, and the purſe

purſe is open to their relief in every department and ramification of human miſery.

Worthy citizens! in revering your philanthropy and your generous virtues, in the voice of medical experience permit me to caution you, that whilſt you aſſociate to ſerve the poor, you may avoid indulgencies injurious to yourſelves; and with temperance enjoy rational conviviality, and exerciſe dignified benevolence, to a long protracted, and healthy old age, the *viridiſque ſenectus*,

That in old age are ſeen,
A manly vigour and autumnal green.

Medical practitioners have often been reproached, for the uncertain, and variable language they have uſed; and, have even been charged with adapting the practice itſelf, to prevalent faſhion, particularly in the general term of bilious diſeaſes, which has certainly been more frequently applied, than underſtood. But however theſe diſ-

eaſes

caſes may have been miſtaken, or the language itſelf to explain them, miſapplied; there is certainly acquired that ſuper-abundance of bile, as to quantity, and morbid alteration as to quality, in certain conſtitutions, as to prove painful and ſerious; and by too much feaſting ultimately dangerous and fatal.

By early care, however, this morbid bilious congeſtion, is removed with little difficulty; but without attention to the cauſes which brought it on, it would undoubtedly recur again, and probably with aggravated violence; it is requiſite therefore, to adopt ſuch regulations in diet and exerciſe, as are calculated to prevent its recurrence.

The confinement in buſineſs moſt of the day, which is indiſpenſible with a majority of citizens, precludes the due and ſalutary enjoyment of exerciſe; and whilſt this is the caſe, a ſtill greater attention to diet is neceſſary.

It

It often happens that when persons of this class do take exercise, it is at an improper time; for as they cannot have leisure in the forenoon from the pressure of business, it is chiefly after dinner that opportunity is afforded; and if the stomach have been supplied with a large portion of solid food, and of porter and wine, the body will not be refreshed by it; and langour of the system, rather than vigour, will be the consequence.

If great eaters were not liable to a more copious secretion of bile, probably worse consequences would result; as jaundice, and ultimately the dropsy; and at all times, exercise after eating, under the circumstance of obstructed bile, would occasion painful cardialgia, and indigestion. An instance of the latter has been afforded by experiment on two dogs, which were both amply fed with meat; one of these was then lockedup, and having nothing to do, fell asleep; the other was employed in hard hunting for three or four hours, and afterwards killed; in his stomach, the food he had

taken

taken was found nearly in the condition it had been ſwallowed. The dog that had been confined, and taken a nap after his meal, was alſo opened; but the ſtomach was nearly empty, a complete digeſtion having taken place.

Few perſons in tolerable health, advert to the injuries reſulting from a full meal: Even many temperate people, ſo called, who perhaps take little more than one good meal a day; yet take it ſo copiouſly, as greatly to ſurcharge the ſtomach, which, when thus diſtended, preſſes on the liver, and tends to produce thoſe obſtructions in it, which the hints to be ſuggeſted are deſigned to prevent. The ſame obſervation is applicable to copious potations, independent of the quality of liquors; it is hence ſafer to take two pounds of food in three meals, than a pound and a half at one time. The citizens of London are not, comparatively, intemperate; but, when they meet together on public dinners, and in evening clubs, I am perſuaded, they little think

think of the quantity and variety they indulge in. It has been obſerved, that as charitable inſtitutions multiply, ſo do public dinners; and many amiable characters eat and drink themſelves into diſeaſe, to prevent it in their fellow-creatures; and, pity it is, that a benevolent and cordial heart, ſhould ſuffer under a virtuous influence! Let ſuch calmly reflect, and calculate a dinner of this kind.—Firſt, we find rich turtle, or mock turtle ſoup, which when cold would ſuſpend a ſpoon,—then ſucceed boiled ſalmon, or cod's head, or turbot floating in thick lobſter, ſhrimp, or oyſter ſauces.—After theſe have removed, or diminiſhed the ſenſation of hunger, a firm piece of boiled ham, and roaſted and boiled chickens, are preſented to excite new deſires; and too often are plentifully admitted to remove them: theſe good things heightened in taſte and flavour, by cayenne, black pepper, ſalt, ſoy, catchup, muſtard, and horſe radiſh, beget thirſt; and dilution, like the water-engine, when a houſe is in flames, is brought in aid, to extinguiſh the

the fire excited in the ſtomach; this dilution, however, is not ſelected on the chemical analyſis of what may be deemed the beſt menſtrua: Porter, ale, and wine are choſen, and ſometimes brandy-and-water. After theſe ſtrata of ſolid viands, juſt enumerated, there ſucceed geeſe, turkeys, ducks; and probably there are not omitted, the popular treats of the roaſt beef of old England, and ſubſtantial plumb pudding; which are again to be digeſted by cheeſe and renewed potations, excited by ſmoaking and conſtitutional toaſts. Perhaps in the evening, the ſtomach has ſome qualms, and uneaſy ſenſations, which are to be quieted by brandy-and-water, or a pot of good porter. It is thus that too many bring on bilious congeſtions, if not more dangerous, maladies; but, I truſt, a calm obſerver of what paſſes on theſe convivial occaſions will be induced to guard againſt indulgencies, which ultimately tend to undermine health, and to ſubſtitute pain, diſeaſe, and miſery.

This is a plain, and by no means an exaggerated recital of what occurs, at theſe, which

which may be conſidered as only minor feaſts, compared to thoſe of public companies; in which are introduced, veniſon, ragouts, and various made diſhes, of whoſe names and compoſitions, I am ignorant; but ſufficient, one might imagine, to require a Papin's digeſter in the vicinity of the human ſtomach.

I am ſenſible that men of buſineſs, from the frequent interruptions in their cuſtomary meals, may gradually acquire the habit of eating very haſtily, niggardly denying time to the teeth to maſticate their food; which not only induces inconvenience, as being leſs digeſtible; but in conſequence of the quick accumulation in the ſtomach, and its ſudden diſtenſion, leſſens its tone and power of digeſtion, and hence flatulence and hot eructations ſucceed.*

It

* As an inſtance of bolting, or ſwallowing food without maſtication; at a city feaſt, a gentleman ſuddenly complained of ſomething ſticking in his throat, which, he obſerved could not be a bone, for the laſt portion he had

eaten

It is much safer, to take a pound of food in forty minutes, than even a less quantity in ten minutes; and in some measure, and from the same cause large potations, of even, otherwise innocent fluids may injure. Of the latter I have seen many instances, in citizens, whose concerns often call them to public meetings; but, who, from a determined principle of sobriety, avoid strong liquors; at the same time, being unwilling to pass the glass,

eaten was the near breast of a goose. An eminent surgeon present, was desired to scrutinize into, and if possible, remove the obstruction. After some time, with careful exertion, the large bone, usually called merry-thought, was extricated from the œsophagus.

Another case occurred, wherein the only uneasy sensation was felt in the rectum, and many remedies were exhibited, under a suspicion of the hæmorrhoids. Wearied out at length with the treatment, a surgeon was desired to examine the seat of pain, and by the aid of his forceps, drew forth the merry-thought of a fowl; which, although, impeded in the rectum, had passed the œsophagus with impunity. It might hence be suggested, that at these feasts, there should be kept in readiness, suspended in every city hall, a forceps and probang, to pull or thrust, as the urgency of the occasion may require.

without

without appearing ſocial in the party, fill a bumper, merely of weak wine and water: But alas! they even then do not eſcape with impunity; although they may not feel the inconveniences ſo quickly, nor ſuffer in the ſame manner, yet ultimately perhaps, not leſs miſerably. Theſe copious thin liquors, often made warm under the name of a hot tankard, gradually tend to relax the ſtomach, and bring on a weakened irritable ſtate of it, which either induces it to loath food, or if it receive any, to eject it indigeſted. The objects in the outſet ſuffer very little pain; and uſually the firſt complaint, by way of admiration, is, "*they wonder they cannot eat.*" This ſpecies of indiſpoſition is different from that of bilious congeſtion; in general indeed, the liver is not enlarged; ſometimes it is leſs than natural, and there appears rather a defect, than an increaſe of bile; but as this does not come under preſent conſideration, I ſhall revert to the original ſubject.

If the bilious congeſtion I have deſcribed, have not ariſen to ſuch extent as to injure

the ſubſtance of the liver; which I ſuppoſe will not have been the caſe, ſo long as neither jaundice nor dropſy have reſulted; although there may be a conſiderable degree of gutta roſacea, this affection may be in general relieved and cured.

From what has been ſaid, it will appear obvious, that plain temperate diet ſhould alone be allowed, chiefly boiled; or if roaſted, no part of the outſide; fat and butter ſhould be avoided, eſpecially when melted or rendered empyreumatic by the fire. Vegetables of every kind that agree with the palate and ſtomach, may be joined with the animal food; and this latter ſhould only be taken at dinner, although breakfaſt and ſupper of milk, or any light farinaceous food, may alſo be uſed. The bread ſhould not be new, and admitted in much leſs proportion, than is cuſtomary in families.

Half a pint of porter or even a pint, will rarely do miſchief; but wine and water in moderate

moderate quantities would here be preferable; or wine with Seltzer water.

As to exercise, that on horseback is well adapted to the nature of the complaint; but, any exercise taken when the stomach is not loaded with food, and which does not fatigue, is admissible. If with due exercise, the quantity and quality of food be attended to, there will be little occasion for medicine; but as it may be requisite to put the patient into a commencement of convalescence, the aloetic pill, either alone, or in solution like the Beaume de Vie, may be recommended.

When such invalids can leave the city, Cheltenham and other saline waters, usually prove salutary. Afterwards Bath water might be substituted, or the chalybeate of Tunbridge.

There is a portion of the stomach, being its inferior extremity, called the pylorus, which often suffers, from the causes which tend to injure

injure the ſtomach itſelf, and its natural functions. The diſeaſes of this part, although ſlow in their approaches, and inſidious in their progreſs, are dangerous in their effects; and hence it is of ſingular importance, to mark well the earlieſt ſymptoms of attack, as miſnomers here, become fatal in the practice founded upon them.

From the uneaſy oppreſſion about the lower region of the ſtomach after taking food, the diſeaſe I allude to, is often miſtaken for the gout, and that fatal ſentiment, of *driving the gout from the ſtomach*, by hot medicines, and ſtrong liquors, is adopted, which, even were it the gout, are uſually injurious; and in the affections of the pylorus, form the road to ruin: this language indeed, ought to be reprobated by every medical gentleman. An axiom not leſs fatal, is applied upon eating of fiſh; which is, that they ſhould *ſwim three times*—in *water*, in *ſauce*, and laſtly in *liquors*. The rich hot ſauces, are in the firſt place highly injurious, the ſtomach ſinking under the oppreſſive burthen, expreſſes its diſguſt by a nauſea,

nauſea, and flatulence, which a glaſs of ſpirit removes for the preſent repaſt, and thereby deceives the author of his own miſchief, and confirms him in the fatal deluſion; whilſt it encourages him to repeat the third ſwimming, as often as the occaſion ſeems to demand a freſh fillip: thus he ignorantly heaps the moſt combuſtible fuel to extinguiſh the fire; and gradually acquires a conſtitutional habit, which perhaps he cannot relinquiſh with impunity, or purſue without deſtruction. How often have I ſeen and lamented the irretrievable ſtate of many a well-diſpoſed perſon, who, either from the ſociability of an open unſuſpecting good nature, or from ignorance, repeat a familiar expreſſion, of "*taking my night-cap!*" This oblivious cap, is ſpirit and water after ſupper, to ſtupify, and to promote deleterious reſt, which at length terminates in fatal ſleep! Well might the elegant author of the Botanic Garden thus perſonify the goddeſs of wine, under the name of Vitis.

"Drink deep, ſweet youths," ſeductive Vitis cries,
The maudlin tear-drop gliſtening in her eyes;

Green

Green leaves and purple cluſters crown her head
And the tall thyrſus ſtays her tottering tread;
" Drink deep," ſhe carols, as ſhe waves in air
The mantling goblet, " and forget your care."
O'er the dread feaſt malignant chemia ſcowls,
And mingles poiſon in the nectar'd bowls.
Fell gout peeps grinning through the flimſy ſcene,
And bloated dropſy pants behind unſeen.
Wrap'd in her robe, white lepra hides her ſtains,
And ſilent frenzy, writhing, bites his chains.

I believe, however, that the ſchirrhous pylorus has proved fatal in perſons, who have never been intemperate; but in the majority of caſes that I have explored by diſſection, there have uſually prevailed that degree and ſpecies of indulgence, which ſome are pleaſed to diſtinguiſh by the title of *a hearty fellow*; or, that diſpoſition to tippling, which keeps the ſtomach macerated in mixed ſpirituous liquors, whilſt the head may remain, perhaps, rather muddy, than intoxicated. Our ſecond Milton, in his poem on Cyder, well adviſes

——When thy heart
Dilates with fervent joys, and eager ſoul
Prompts to purſue the ſparkling glaſs, be ſure
'Tis time to ſhun it; if thou wilt prolong
Dire compotation, forthwith reaſon quits

Her

Her empire to confuſion, and miſrule
And vain debates; then twenty tongues at once
Conſpire in ſenſeleſs jargon, naught is heard
But din and various clamour, and mad rant;
And anger kindling taunt, the certain bane
Of well-knit fellowſhip.

There are indeed inſtances where hard eaters have not been hard drinkers, and who have ſuffered from this diſeaſe; but in general great eaters are more liable to ſcirrhous livers, than to ſcirrhous pylorus. Great drinkers, and even ſipplers of ſpirits and water, who paſs for ſober people among their neighbours, are liable to both diſeaſes.

It is of much importance, as has been obſerved, to point out the primary deviations from health, which ſuggeſt the firſt ſuſpicion of a ſcirrhous pylorus, as yet only in ambuſh. I have known theſe deviations prevalent for many months, and even years before the diſeaſe has appeared to have been fully formed. Perhaps one of the firſt ſymptoms, is a ſlight degree of pain in the ſtomach, about two hours after a meal,

followed

followed by ſlight eructations of wind; which the patient uſually deſcribes as of a ſouriſh brackiſh taſte; not bitter, as in bilious congeſtion; nor attended with ſhooting pains under the ſcapulæ, as in affections of the liver; and, if fluid be ejected from the ſtomach, it feels cold to the patient; whilſt in the podagrick conſtitution it is hot, bilious, or of a pungent acrimony. Beſides, in this incipient tendency to pyloric affection, the eructations of wind are not thrown up in full belching, but ariſe with a previous ſenſation of oppreſſion, and of ſqueezing in the region of the ſtomach and bowels; nay, the patient is ſometimes compelled to extricate himſelf from the flatulent oppreſſion, by preſſing his hand forcibly againſt the pained part, or even againſt the edge of a table; whereas, in any bilious affection in the ſtomach, or congeſtion in the liver, ſuch preſſure would augment the pain.

This uneaſy ſenſation, which I have mentioned, as ſupervening about two hours after dinner, may continue from one

to

to three hours; and after a few eructations of wind, it ſubſides, and the patient apparently recovers his ſtrength and ſpirits, till the next good meal, which is uſually the ſubſequent dinner. In the commencement of the gout, and indeed ſometimes for months before its appearance, there is a debility of the whole ſyſtem, like a long continued fit of hypochondriaſis, and the appetite is totally injured; but in the morbid ſtate tending to a diſeaſed pylorus, the appetite is good, and the patient only complains that the digeſtion is bad. The diſeaſe is little, if it all mitigated by purging, except after the firſt or ſecond periods of uſing laxatives, whilſt moſt bilious complaints, and even the gout, are mitigated by them; and the hypochondriaſis by emetics, which generally do harm in the diſeaſe I am treating of. In ſhort, under its earlier ſtages, the patient appears in his uſual health, after he gets quit of the oppreſſion of his meal; ſleeps well, and is, for a length of time, alert, and in pretty good ſpirits. He becomes, however, gradually thinner in fleſh, and perhaps this is the firſt

circumſtance

circumſtance that ſeriouſly alarms him or his friends; and even then it may not be too late to avert the impending miſchief.*

As

* In three caſes which I lately attended, of fatal event, two were of perſons who carried a ruddineſs of countenance almoſt to their exit. In the third, the patient had a pale and extenuated look, and here the pylorus weighed four pounds and a quarter. The tumour had been obvious for about twelve months, but the paſſage of the pylorus, not being greatly contracted, more nouriſhment paſſed, by which exiſtence was longer protracted. There were ſome circumſtances attending this ſcirrhous pylorus, which I never marked before; beſides, the retention of food ſometimes for twelve hours before vomiting enſued, the tumor was ſo deeply extended, and the pulſation of the heart ſo perceptible under it, as to convey on the firſt contact, the idea of a large aneuriſm; but, as the pulſe and breathing were perfectly regular, that ſuſpicion vaniſhed. The matter ejected was nearly of the colour of coffee grounds: ſometimes however clear; but although the patient's ſkin was pale, it was not of the leaſt yellow or bilious tinge; and upon diſſection, the liver, although adhering to the ſcirrhous tumour, was in a healthy ſtate, and ſo was the fundus of the ſtomach. The lungs were very trivially diſeaſed; there appearing little more than ſlight adheſions to the pleura, although a troubleſome cough had long exiſted; the omentum was ſmall and ſhrivelled, not unuſual after any long illneſs that has induced

As about this period, the food itſelf is ejected, and emaciation commences, the body

duced emaciation. The other abdomnal contents were free from diſeaſe, except where the extent of the ſcirrhous pylorus might injure the adjoining portion of the inteſtine. This patient had not been a very hard drinker, but he unguardedly drank mixed liquors, and belonging to many clubs, and parochial committees, his little drops of cordial were taken at all periods of the day.

I have generally recommended, reſpecting food, that the patient ſhould take the ſmalleſt quantity on each refection, leſt diſtention might aggravate the pain. One inſtance, I recollect, wherein a contrary practice had been adopted, with the advantage of keeping the patient alive for forty years. This ſubject informed me, that ſhe had had the advice of Doctors Warren, Heberden, and the late Dr. Fothergill, who, each recommended paucity of nouriſhment. She continued to vomit the little ſhe did take, and became thereby emaciated to the appearance of haſty diſſolution. This induced her to take the advice of ſome eminent phyſician on the Continent, and Tiſſot was her choice. When ſhe arrived at Paris, ſhe was ſo debilitated, as to be incapable of travelling further; and Tronchin, then being in high reputation at Paris, ſhe conſulted him, who adviſed her to take as much food as poſſible, that in the vomiting which always enſued after any meal, ſome portion of the food might ſqueeze through the pylorus. This plan ſhe followed, and thereby gradu-

ally

body is moſtly coſtive, which ſhould be remedied by mild laxatives, as caſtor oil, magneſia, or a ſolution of myrrh and aloes, already mentioned under the name of Beaume de Vie.

It would lead beyond the limits I had preſcribed, to trace all the miſchiefs reſulting from an unguarded indulgence in eating and drinking; not as they merely affect the ſtomach, but likewiſe the liver, inducing jaundice, ſcirrhoſity, ulceration, aſcites, and morbus niger; lepra, phrenitis, and hæmatemeſis. Of this laſt I will juſt ſay, that I have known it miſtaken for hæmoptyſis; but as the diſeaſes are eſſentially different, and require different treatment, accurate diſcrimination ſhould ever precede the curative treatment. The blood in hæmatemeſis is vomited, not coughed, as in hæmoptyſis; and in the former, the alvine

ally acquired ſtrength and fleſh.—Miſerable exiſtence at the beſt, for at the end of forty years, when I attended her for another complaint, the vomiting inceſſantly continued from dinner to ſupper!

alvine evacuations are dark coloured and bloody, which do not accompany the latter; the very aſpect of the patient materially differs; in one the countenance is ſallow, ſwarthy, or bilious, whilſt in the other, it is fluſhed, fair, hectic, with cough and dyſpnœa.

I do not at preſent propoſe the methods of treatment; I mean rather to ſtop the beginning of indiſpoſition, when retreat is within command; but I cannot conclude without introducing a very ſerious affection, too frequently conſequent upon full living. Many induſtrious worthy characters, after a ſubſtantial dinner, return to the counting-houſe, to enter upon calculations of figures, in perhaps a confined room, in the midſt of clerks, and ſurrounded with burning candles. Under theſe circumſtances, or in the following night, more perſons have been ſeized with apoplexy, than under any other circumſtances I know of. There is more good eating and conviviality in the three months of winter, than

in

in the other ſeaſons of the year; and there are more apoplexies, in London, in winter, than in all the other nine months.

To mention theſe ſerious events, and the cauſes of them, will naturally ſuggeſt the preventatives. If a full dinner be indulged in, ſupper and ſtrong liquors ſhould be avoided in the evening; and a little wine and water, or toaſt and water only admitted. If there be a diſpoſition to ſleep after dinner, with head-ach, or giddineſs, application to books and figures ſhould be relinquiſhed; and, if there be a numbneſs of the extremities, like what is termed being aſleep, it would be proper to loſe blood, eſpecially by cupping from the neck, and afterwards to take a laxative, or even an emetic, to prevent the progreſs of ſymptoms ſo threatening to exiſtence itſelf.

SECTION

SECTION X.

HINTS

RESPECTING

WILLS and TESTAMENTS.

THE inſtinct of other animals for the protection of their young, is equalled, if not exceeded, by the affection of man for his offspring. The wants of the one are few, and the power of gratifying them is ſoon acquired; but thoſe connected with humanity are continually varying and augmenting; hence the ſuperintending care of age and experience ſcarcely terminates with life itſelf. Man, who with labour and ſolicitude acquires a property, naturally deſires to perpetuate it to his family and relatives.

latives. What he thus creates, he poſſeſſes a right, and feels a propenſity, to diſpoſe of among them; and this the law empowers him to do, under certain regulations by Will. Conſidering the anxiety and labour with which property is acquired, and total uncertainty of human life, it is to me a ſubject of wonder, that any man ſhould ſuffer one hour to elapſe of uncertain time, without this ſecurity to his wiſhes. Sometimes indeed various embarraſſments, and the unſettled ſtate of family concerns, may induce individuals to poſtpone making a Will; but no ſtate can be ſo unſettled as to afford a juſt plea againſt making that, which when once made, throws, as it were, a clearer light on the aſpect of affairs, and enables the individual to alter or modify many circumſtances conducive to future peace of mind.

There are ſome ſo inconſiderate as to imagine, that by making a Will they really ſhorten their own lives. Happily, however,

ever, common reflection muſt render this opinion not very general. Indeed, I am perſuaded, from long and repeated obſervation, that ſo far from ſhortening, the ſatisfaction of having made a Will, rather tends to prolongs life.

Many diſeaſes of the human body depend greatly upon mental ſolicitude, and few things contribute more forcibly to alleviate ſolicitude, than this ſecurity in the diſpoſal of property. This is particularly verified, when perſons are attacked with ſickneſs, without having made a Will. It tends to aggravate diſeaſes, and renders them much more difficult to cure, inſomuch that the uneaſineſs and perplexity of mind occaſioned thereby, frequently bring on delirium early in the diſeaſe, or that agitation of intellect, as ſcarcely admits of a capacity to make a Will at all. How often have I ſeen a weeping wife, and many an amiable daughter plunged into the deepeſt diſtreſs, by this neglect of an affectionate huſband and father, who

has inconſiderately put off the making of a Will day after day, till, alas! the bewildered faculties render it too late to perform this act of juſtice to his family; and which often occaſions ſubſequent legal and expenſive deciſions, that ruin at leaſt many an amiable daughter; for the laws of primogeniture are calculated to entail miſery on the helpleſs female ſex. *

In ſome inſtances I have known, that the diſeaſe has been ſo moderate, and the underſtanding ſo clear, as to admit of the making a will on a ſick-bed; but when the patient has recovered, I have ſcarcely known an inſtance, wherein he has not condemned the diſpoſition of a Will made in the hurry of agitated ſpirits, with a mind weakened by diſeaſe, and influenced by the urgency of the occaſion, and the preſſure of ſurrounding objects. At the beſt, what a ſcene of melancholy reflection

* In deviſing real property, it is neceſſary to have three witneſſes, who are not only to ſee the teſtator ſubſcribe his will, but likewiſe that they ſhould ſign their names in the preſence of the teſtator, and of each other.

reflection is presented! At an awful period when the mind ought to detach itself as much as possible from pecuniary calculations!—But how many instances daily occur of sudden deaths, from disease and from accidents, and from which none are exempt; instances in which there is scarcely a moment between existence and non-existence, between life and death!

In civilized society, where relations and connections are multiplied, it requires much composure and calm reflection to dispose of property by Will, to the perfect satisfaction of the individual, even in health; but how impracticable then must it be for a person on a bed of sickness, with doubts of futurity pressing on intellect, to arrange his worldly concerns! Independent of this, I have found by experience, that the diseases of persons who have previously settled their important concerns, are much more easily cured; and thus in reality, that making a Will, whilst in health, actually tends to prolong life, as has been already remarked.

Under

Under theſe views, deduced from long obſervation, I ſincerely wiſh that every perſon who regards his individual health and happineſs, and the ſuccour and comfort of ſurvivors, would not protract the ſettlement of his affairs by Will, a ſingle day of an uncertain exiſtence.

I would here have ſuggeſted, that it ſhould be one of the earlieſt inquiries of the attendant medical practitioner, "If the patient have made a Will;" but unfortunately any queſtion propoſed by a phyſician on the ſubject, alarms the patient, who is apt haſtily to rejoin, "What, Doctor, do you think I am going to die?" and afterwards, too often, gives himſelf up to deſpair of recovery. In ſome inſtances, when health has been reſtored, the patients have told me, that ſigning their Wills, conveyed a terror, as if they were ſigning their own death-warrants. The ſame alarm will not be excited, by the cautious and prudent interference of an intimate acquaintance whoſe inquiries may be received, rather as the reſult of friendly ſolicitude,

than

than of ſuſpicion of danger; whilſt thoſe of the phyſician, who is ſuppoſed to foreſee the event, muſt impreſs the mind of a debilitated frame, with a dread of the moſt imminent hazard of life.

This is a further argument in favour of making a Will in the ſeaſon of health, and ſo it appeared to the ſociety of Quakers, who, a few years ago, expreſsly formed a minute of recommendation to each individual of the Society, capable of it, not to poſtpone making a Will, whilſt in health of body, and ſoundneſs of mind.

May I preſume here to recommend it, as a ſubject worthy of being occaſionally introduced from the pulpit, throughout the kingdom; for it cannot be indecorous to inculcate, in places deſtined to the worſhip of a ſupremely juſt Being, an act of moral juſtice to every family in civilized ſociety.

SEC-

SECTION XI.

HINTS

RESPECTING

CRIMES and PUNISHMENTS.

IN the hiſtory of great criminals, it has pretty generally been found, that vice has been progreſſive; that even the firſt deviation from rectitude, has occaſioned a degree of remorſe in the agent, equal indeed to the perpetration of atrocious acts at a future period, when the mind has become hardened by a repetition of vices, and a dereliction of principle. Happy would it be, therefore, were that early remorſe attended to, before an indulgence of bad propenſities

penſities renders the mind inſenſible to the convictions of conſcience, and loſt to every ſentiment of religion and morality. Happy alſo would it be, upon the firſt diſcovery or conviction of vice, were ſome prudent friend, to ſtop its progreſs, not by expoſure, but by judicious remonſtrances, and by inſpiring the mind with a juſt ſenſe of its dangers, and of its duties.

Many of our legal puniſhments have long appeared to me more likely to harden, than to reform the offender, not only by the inequality of puniſhments in proportion to the degrees of vice, but ſtill more by their publicity; by expoſure to the general notice, the perpetrator of a crime, endeavours to acquire hardineſs, that he may deſtroy ſhame, and brave diſgrace—to retrieve reputation is now almoſt impracticable—he feels himſelf diſregarded by ſociety, and he diſregards it; nor does he longer feel an intereſt, where he receives no ſocial gratification; and whether it be a pillory, whipping, or the public hulks, he loſes ſhame and remorſe; and acquires the paſ-

ſions

ſions of revenge and cruelty, and an habitual profligacy of conduct.

In ſociety in general, mankind are too apt to form their deciſions of vice, from the vicious act itſelf, rather than from the motives that lead to it; whilſt our deciſions and puniſhments ſhould rather be guided by the latter. We may perhaps, in general, juſtly plead our incompetency of aſcertaining motives to action; but in certain inſtances, and under circumſtances which precede or attend actions, very different ſhades of criminality will be diſcovered, and ought to influence both judgment and chaſtiſement; there are even vices, or ſuppoſed vices, which ſeem to vibrate from a falſe ſhame, or miſtaken integrity. The impoveriſhed huſband, upon whom the ſuſtenance of a family depends, may privately ſteal or boldly rob, from the urgency of domeſtic ſenſibility, without a malicious deſign to commit a real or permanent injury againſt another.

Perſons

Perſons of ſuperior ſtations, who, from incidental contingencies, become ſuddenly deſtitute of reſources for preſent ſubſiſtence, may be urged by a kind of honeſt phrenzy, to rob on the highway, to diſcharge debts of neceſſity, or to ſupply calls of hunger, and thus forfeit their lives to the laws of their country from miſtaken, rather than vicious, motives. Such individuals are not irreclaimable, and at all times demand commiſeration. One inſtance which lately occurred to my knowledge, among ſome others equally extraordinary, I ſhall relate, to explain this reaſoning:—It was my lot a few years ago to be attacked on the highway by a genteel looking perſon well mounted, who demanded my money, at the ſame time placing a piſtol to my breaſt; I requeſted him to remove the piſtol, which he inſtantly did; I ſaw his agitation, from whence I concluded he had not been habituated to this hazardous practice, and I added, that I had both gold and ſilver about me, which I freely gave him, but that I was ſorry to ſee a young gentleman riſk his life in ſo unbecoming a manner,

ner, which would probably ſoon terminate at Tyburn; that at the beſt, the caſual pittance gained on the highway, would afford but a precarious and temporary ſubſiſtance, but that if I could ſerve him by a private aſſiſtance more becoming his appearance, he might further command my purſe; and at the ſame time I deſired him to accept a card containing my addreſs, and to call upon me, as he might truſt to my honour for his liberty and life. He accepted my addreſs, but I obſerved his voice faultered; it was late at night, there was however ſufficient ſtar-light to enable me to perceive, as I leaned towards him on the window of my carriage, that his boſom was overwhelmed with conflicting paſſions; at length, bending forward on his horſe, and recovering the power of ſpeech, he affectingly ſaid; "I thank you for your offer—American affairs have ruined me—I will, dear ſir, wait upon you." Two weeks afterwards, a perſon entered my houſe, whom I inſtantly recogniſed to be this highwayman: "I come," ſaid he, "to communicate to you a matter that nearly concerns

cerns me, and I truſt to your honour to keep it inviolable." I told him, I recollected him, and I requeſted him to relate his hiſtory with candour, as the moſt effectual means of ſecuring my friendſhip; and ſuch was the narrative as would have excited ſympathy in every heart. His fortunes had been ſpoiled on the American continent, and after long impriſonment, he eſcaped to this aſylum of liberty, where his reſources failing, and perhaps with pride above the occupation of a ſturdy beggar, he raſhly ventured upon the moſt dreadful alternative of the highway, where in his ſecond attempt he met with me. I found his narrative was literally true, which induced me to try various means of obviating his diſtreſſes. To the commiſſioners for relieving the American ſufferers, application was made, but fruitleſsly; at length he attended at Windſor, and delivered a memorial to the Queen, briefly ſtating his ſufferings, and the cauſe of them. Struck with his appearance, and pleaſed with his addreſs, ſhe graciouſly aſſured him of patronage, provided his pretenſions

ſhould on inquiry, be found juſtified. The reſult was, that in a few days ſhe gave him a commiſſion in the army, and by his public ſervices, twice has his name appeared in the gazette among the promotions.*

The following hiſtory of a convict, was related by Mr. Levius, a native of New Hampſhire, in America, then, I think, chief juſtice of Quebec, under general Carleton. He was now in London, and on reading a morning paper, he obſerved a paragraph to the following import; "To-morrow the noted houſe-breaker, Cox, with *** of Piſcataway, in New Hampſhire, for returning from tranſportation, will be executed at tyburn." The chief juſtice had never ſeen newgate, and obſerving that a perſon from his own native country was condemned to expiate his crimes on the gallows, was induced to viſit this priſon,

* After ſome years employment in the ſervice of his ſovereign, this valuable officer fell a victim to the yellow fever, in the Weſt Indies.

and

and ſee his countryman. His relation, as nearly as I can recollect, (for the tranſaction happened about the year 1780,) was, however, too intereſting ever to be obliterated from my memory. The convict had been an American ſailor, and paſſing in a boat from the ſhip lying off Wapping, to the ſhore, the boatman informed him, that he could ſell him ſome canvas, ſufficient to make a hammock, very cheap; the price was ſixteen ſhillings; within a ſhort period afterwards, he was arreſted for purchaſing ſtolen goods, and proof being adduced to the court, that the canvas was worth twenty-four ſhillings, he was condemned to be tranſported to America, then under the crown of Great Britain; this, he ſaid, he did not much regard, as he could work his paſſage thither, from his ſeamanſhip, and as his family lived in New Hampſhire.

Some time after his arrival in America, as a tranſport, he hired himſelf, in a veſſel chartered to Liſbon, and which he underſtood was not to touch in England. The agent at Liſbon, however, received orders, from

from a merchant in London, to load the veſſel for the latter port; this at firſt alarmed him greatly, but he reconciled himſelf to the voyage, under a reſolution never to go on ſhore whilſt in the river Thames: He kept this reſolution till the day before the veſſel was appointed to ſail, upon which occaſion the captain had given all his men the privilege of going to ſee, and to take leave of, their acquaintance; the unfortunate American was the only ſailor, who did not accept this offer; the captain remained alſo on board, and recollecting ſomething that he wanted in the town, requeſted the only ſeaman he had with him, to take the ſmall boat, and ſcull her on ſhore, to procure what he then wanted; he made ſome frivolous excuſes, till at length, by the perſuaſion of his captain, he conſented to go his errand; but ſcarcely had he ſtept on ſhore, before he was recognized, and arreſted. In the preſence of the judge, he was identified, and the gallows was his ſentence. Chief juſtice Levius, obſerving to him, that he ſeemed to have ſome comfortable food in his cell, inquired how he could

could afford to purchaſe it; he replied, that a perſon, he believed a Roman Catholic clergyman, gave him money, in hopes of his dying a Papiſt; but added he, "I am no Papiſt in my heart, and as to dying, I have had hardſhips enough, not to care ſo much about it, as about my wages, which I want my wife and children to receive for me." He was aſked, if he knew Mr. Levius's family, which he deſcribed immediately.

The whole hiſtory appeared to the chief juſtice to merit further inveſtigation, and inſtantly he proceeded to enquire reſpecting the circumſtances attending the chartering and ſailing of the ſhip; and alſo, the particulars of the original trial, and ſubſequent ſentence, which, correſponding with the ſailor's narration, the worthy magiſtrate haſtened to Lord Weymouth's office, and from thence to the King at Windſor, and returned to London juſt in time to ſtay the fatal rope. After the trials and circumſtances attending them were reviſed, the King was pleaſed to change the ſentence to tranſportation during his natural life, and

he

he was ſhipped off from London ſoon after this act of mercy. Levius, however, who felt a lively intereſt in the fate of his countryman, whom he believed guilty from ignorance, and not from deſign, renewed his importunities, and at length got an order for pardon; he hurried with the glad tidings down the river, and overtook the convicts at Graveſend, where he found on board the tranſport ſhip, the poor ſailor chained to another convict. The order from the ſecretary's office, was ſhewn to the captain, who abſolutely refuſed to reſign him agreeable to the pardon, becauſe he had received theſe convicts from Mr. Akerman, to whom alone he was anſwerable; and that the priſoners were no longer under the juriſdiction or controul of a ſecretary of ſtate. Diſappointed, as Mr. Levius was, in the proſpect of liberating the priſoner, he flew to town again, and got a proper legal order from the late humane Akerman; he then hired a Graveſend boat, and did not overtake the tranſport till he arrived at the Nore; from whence he conveyed the convict to London, where a few merchants

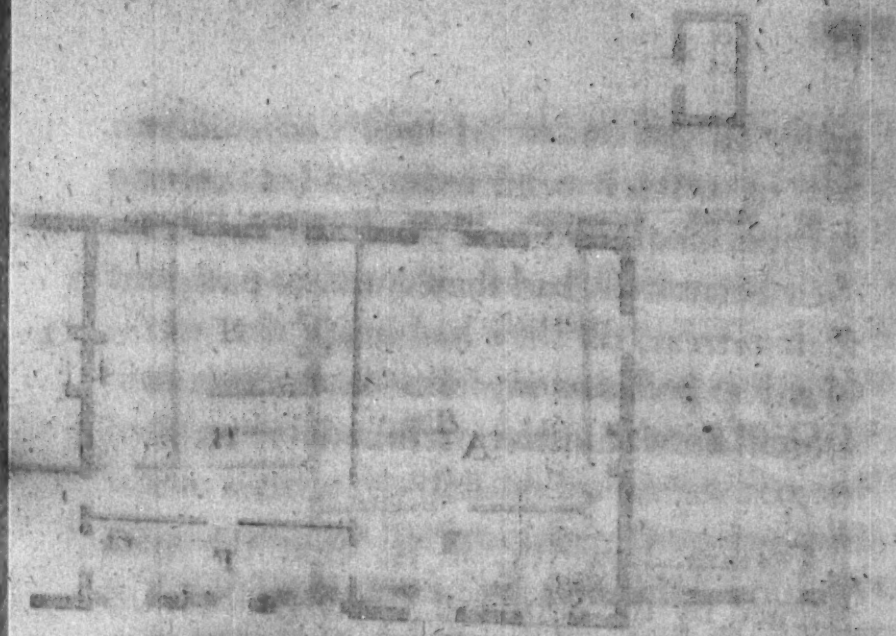
merchants on 'Change, on hearing the whole tranſaction, collected ſixteen guineas, with which, the tar, honeſt in principle, ſailed a free man to the American Continent.

A ſecond time I was attacked and robbed, and ſoon after ſeized the criminal, whom I knew; he fell on his knees, returned the money he had taken from me, and prayed forgiveneſs. I told him I could not commute felony; he muſt fly, and never ſuffer me to ſee him again. About two years afterwards, on viſiting a perſon in the country, I met with this offender; upon enquiring into his ſituation, I found that he had ſince been married, and was become a reſpectable farmer.

I have been ſince twice attacked and robbed, but after the moſt friendly expoſtulation with the robbers, I could not perſuade them to liſten to advice, or ever afterwards to call upon me, as the highwayman did. In the former of theſe inſtances, the party conſiſted of five foot-

pads, in the latter of more in number, but in neither occurrence did I receive any perſonal ill uſage; and I think from their behaviour, had they dared to poſtpone their retreat, till they had heard the whole of my expoſtulation, ſome conviction and ſubmiſſion would have reſulted.

Certain, however, it is, that the man reſcued by the efforts of Chief Juſtice Levius, as well as the perſons who robbed me on the highway, had forfeited their lives to the laws of this country, and that all were caſually, not legally, ſaved from expiating their crimes on a gallows. It is equally remarkable, that each became uſeful members of the community, in different ſituations; namely, in the military, the naval, and agricultural departments; theſe circumſtances ſtrongly plead in favour of a ſentiment worthy of every humane breaſt, that, in judging of actions, we ſhould endeavour to diſcriminate motives, and form our judgment from the moſt lenient and favourable conſtruction.



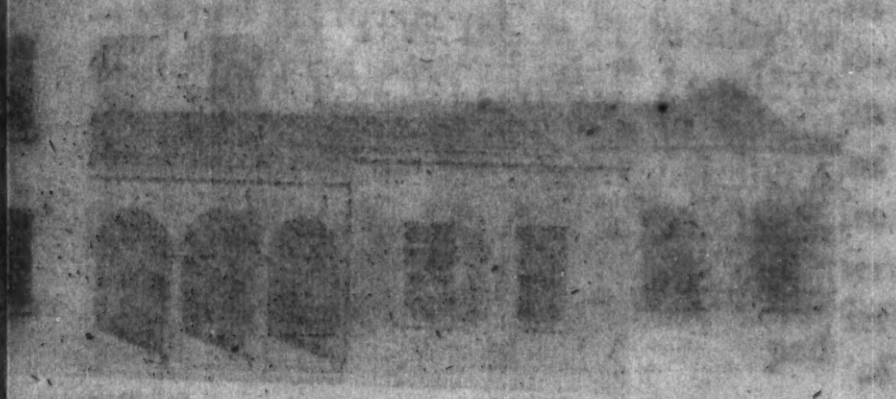
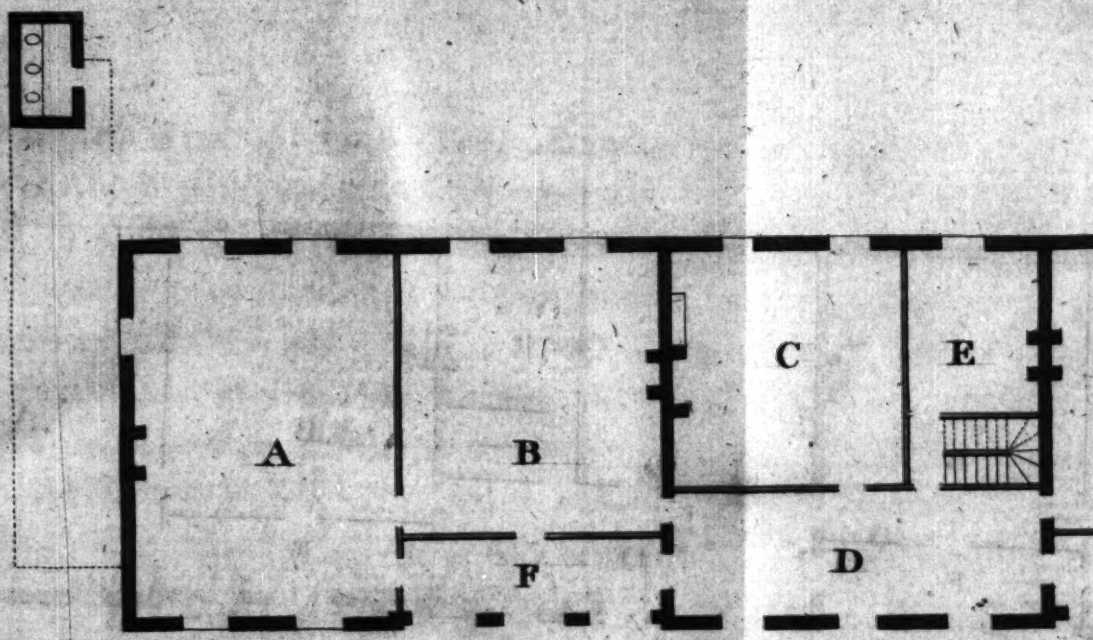
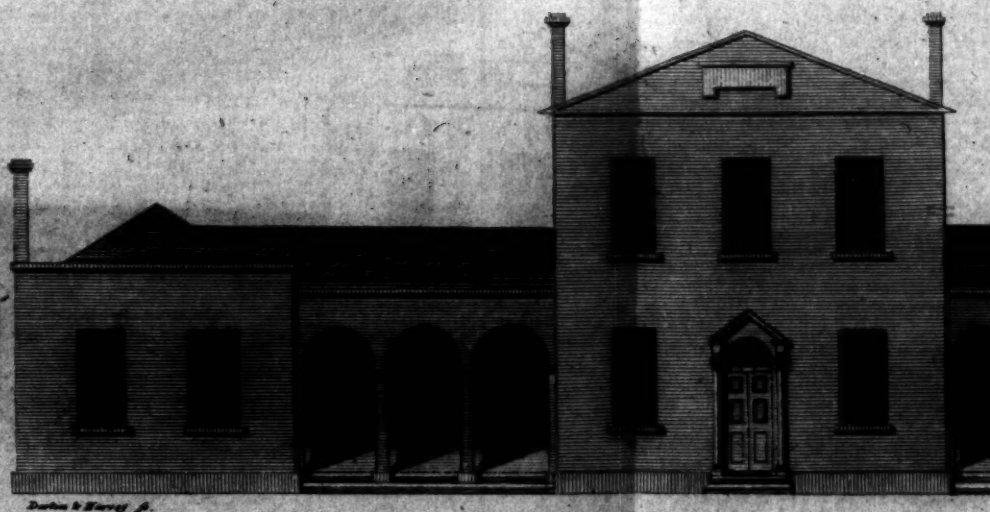
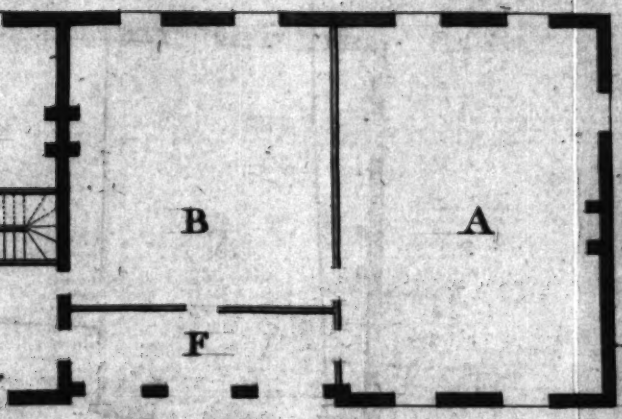


Plate 3 page 243.

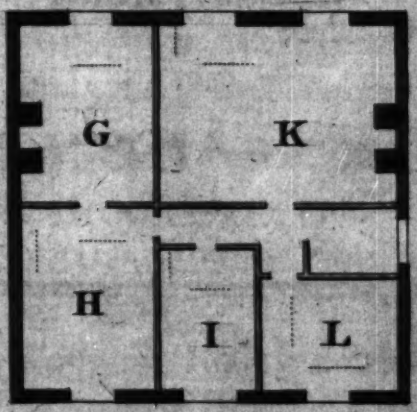




The General SEA BATHING INFIRMARY,



A.A. Wards 9 Beds each. } Total 30.
B.B. Wards 6 Ditto }
C. Kitchen.
D. Hall.
E. Overseers Room.
F.F. Piazza.
G. Overseers Sleeping Room.
H. Store Room.
I. Servants Room.
K. Apothecarys Room.
L. Medicine Room or Apothecarys Shop.



PLAN
of the
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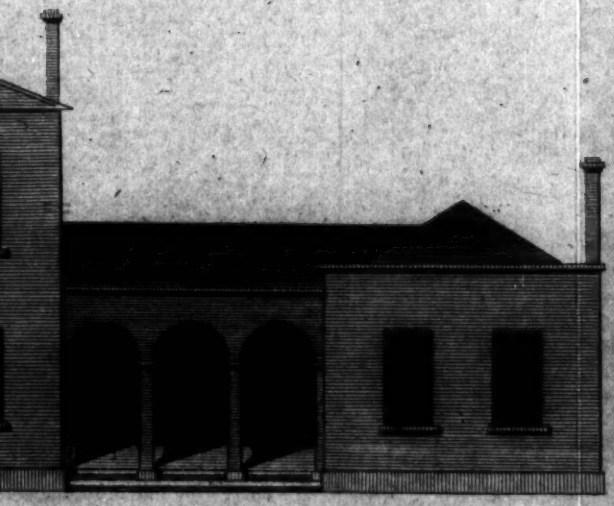
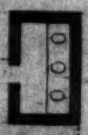


MARY, near MARGATE.



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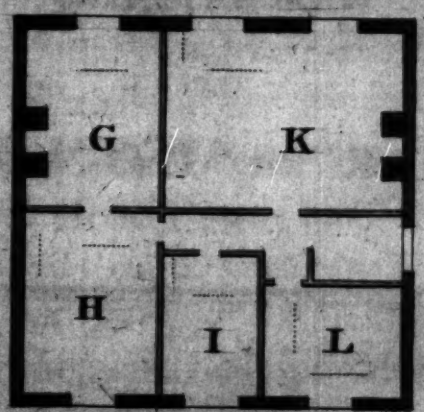


PLAN
of the
Attic Story.

SECTION XII.

HINTS
FOR ESTABLISHING
AN INFIRMARY,
FOR
SEA-BATHING
THE
POOR OF LONDON.

WERE a ſtranger curſorily to paſs through the great ſtreets of London, nothing would be more ſtrongly impreſſed on his mind, than the general appearance of wealth, health, and plenty. Here and there he would ſee capacious hoſpitals, and other eſtabliſhments, for the reception and relief

of objects of diſtreſs; but he might inquire, Where are theſe objects?

Were he to quit the ſpacious ſtreets and ſquares, and penetrate into the little allies and courts, the ſcene would be diſmally reverſed, in the contemplation of poverty, ſickneſs and want. With hard labour, and ſcanty food, ſickneſs will ſupervene, and this, aggravated by want of air and exerciſe, preſents a picture too often realized in this great city.

The human mind views this ſcene of want and diſeaſe with ſome comfort, in recalling to mind the numerous eſtabliſhments calculated to mitigate or relieve them. But among the poor, and particularly the children of the poor, there is a ſpecies of diſeaſe, for which no ſuitable aid has yet been afforded; for ſcrophulous diſeaſes, and various others, well-aſcertained by medical men, wherein ſea air and ſea-bathing are peculiarly requiſite; and yet theſe remedies

dies might be procured with very little expence.

By the Thames, a cheap conveyance to the ſea-water may be commanded; and hence Margate, or its vicinity, ſeems peculiarly adapted for this ſalutary purpoſe.

In the year 1795, the following account of a General Sea-Bathing Infirmary was communicated to the public; to which is annexed, the rules for the admiſſion and conduct of the firſt patients, who came into this charity.

"The committee for conducting the ſea-bathing infirmary for the benefit of the poor of London, deem it incumbent on them to inform the governors of this charity, and the benevolent public, that, after the moſt mature conſideration, they have cauſed a ſuitable building to be erected for the reception of patients.

"Aware

"Aware of the expences neceſſarily attending ſuch an undertaking, the committee made repeated enquiries for a proper houſe on the ſea-coaſt, in order to avoid the expence of building, but without ſucceſs; and, though reluctantly, they were induced, from the preſſure of applications for the admiſſion of the afflicted poor, to adopt the only alternative, of erecting a plain ſtructure, with the ſmalleſt poſſible expence, on ground already in the poſſeſſion of the ſociety, at Margate; a ſituation peculiarly eligible for the purpoſes of the inſtitution, as it admits the cheap mode of conveyance by water.

"Extenſive and honourable as are the numerous charities already exiſting, there appears to be ſingular propriety and utility in an eſtabliſhment that, at a ſmall expence, extends to the poor the advantages of ſea-bathing, which they cannot procure by any other means. In other reſpects, the moſt indigent enjoy means of relief by the charities now inſtituted, little inferior, if not equal, to thoſe in eaſy circumſtances; but

but none of these charities can afford any substitute for sea-bathing—a forcible plea in favour of this institution, and of the necessity of giving our poor fellow-creatures an opportunity of thereby removing their maladies.

"It calls upon our humanity in a particular manner, as helpless children will form the principal subjects of relief; and its utility becomes still more interesting to the community, as, by early advice, a sickly offspring, which, from want of it, might become burthensome through life, may, by its aid, be rendered healthy, strong, and useful. Those who visit the sea-coast from pleasure must have that pleasure heightened by contributing their generous support to this institution: and those, who visit it for the restoration of health, must feel a Christian obligation, in endeavouring to extend that relief to others, with which they themselves have been happily blessed.

"Impressed with a full persuasion of the benefit of sea-bathing in various diseases not

not to be otherwiſe cured, and which no other charity affords; the committee ſolicit the aid of the affluent and benevolent in ſupport of an inſtitution founded upon the beſt and moſt important motives—the ſuccour of human woe.

"With pleaſure they inform the public, that the plan is warmly eſpouſed by ſeveral benevolent perſons, who are convinced of the great benefit that will reſult to the poor of the metropolis from ſuch a ſcheme; and that the building is now nearly finiſhed upon a convenient ſpot at Weſt Brook, contiguous to Margate, purchaſed for the purpoſe; and, as ſoon as a ſum ſufficient to furniſh it can be raiſed, no time will be loſt in completing it for the immediate reception of poor inhabitants of London and its environs, who cannot afford the expence of ſea-bathing."*

* This unique charity, ſo peculiarly adapted to relieve certain claſſes of diſeaſes, was opened in 1796, for the reception of patients, and the happy ſucceſs experienced, was beyond the moſt ſanguine expectations of the warmeſt friends of the Inſtitution.

RULES

RULES AND ORDERS

FOR THE

REGULATION

OF THE

MARGATE SEA-BATHING INFIRMARY,

Inſtituted July 2, 1791.

I.

THAT this humane inſtitution ſhall conſiſt of a patron, preſident, ſix vice-preſidents, beſides the members for the county of Kent, a treaſurer, ſecretary, and governors; together with ſuch officers and ſervants as are neceſſary for conducting the buſineſs of the charity.

II.

That every ſubſcriber, paying twenty guineas,

guineas or upwards, ſhall be a governor for life. And each ſubſcriber paying one guinea, or upwards, ſhall be deemed an annual governor, and ſhall have the privilege of nominating patients, who, on producing proper recommendations, ſhall be admitted in rotation.

III.

No governor, officer, or ſervant, ſhall preſume to take any fee or gratuity of any tradeſman, patient, or other perſon, directly or indirectly, for any ſervice done, or to be done, on account of this inſtitution.

IV.

Two general meetings ſhall be held, viz. on the firſt Wedneſday in January, and the firſt Wedneſday in July; and on the firſt Wedneſday in January a day ſhall be fixed for an anniverſary meeting.

V.

At the general meeting on the firſt Wedneſday in January, twenty-one governors ſhall

ſhall be choſen, who, together with the preſident, vice preſident, and treaſurer, ſhall conſtitute a committee for managing the affairs of the infirmary for the enſuing year; which committee (five of whom ſhall make a quorum) are to meet on the firſt Wedneſday in every month, to examine and to admit patients, and to conſult and adviſe upon whatever may appear neceſſary for the regulation of the charity. At this general meeting alſo all the officers and ſervants of this charity ſhall be annually elected.

VI.

At every general meeting, the committee ſhall deliver a report of their proceedings ſince the laſt meeting, ſigned by their chairman, which ſhall be publicly read by the Secretary, for the conſideration of the governors then preſent.

VII.

The preſident, vice-preſident, and treaſurer, or either of them, any five of the committee,

committee, or any ten of the governors, may call a general meeting at any time, by ſending a notice in writing, ſigned by their name or names, and expreſſing their buſineſs for ſuch meeting, to the ſecretary; and the ſecretary ſhall call together the ſociety by public advertiſement ſix days before ſuch intended meeting.

VIII.

None of the rules of this inſtitution ſhall be repealed or altered, nor any new ones eſtabliſhed, but at the general meetings, or at any extraordinary meeting to be called for that purpoſe.

IX.

In all caſes, where there ſhall be an equality of votes, the chairman ſhall be entitled to the caſting vote.

X.

A governor ſhall in all caſes be permitted to vote or ballot by proxy, given to any other member, ſignified by letter to the treaſurer or ſecretary.

XI.

XI.

No governor, who ſhall be more than one year in arrear, ſhall have any power or privilege as a governor till he has paid his arrears.

XII.

At the general meeting on the firſt Wedneſday in January, five governors ſhall be elected to audit the accounts of the ſociety for the enſuing year, three of whom ſhall be deemed ſufficient to tranſact buſineſs.

XIII.

There ſhall be a committee at Margate, (which committee ſhall be annually elected), for the purpoſe of ſuperintending the infirmary, of examining and admitting the patients who cannot attend on the London committee, and of ſeeing that the rules eſtabliſhed for the regulation of the infirmary be fully enforeed.

XIV.

No perſons to be deemed objects of this charity but ſuch as are really neceſſitous and of decent character.

XV.

XV.

The phyſician, or other attending medical practitioner, of the charity, will preſcribe medicines, when neceſſary, and the patients are to procure them at their own expence.

XVI.

The patients, during the infancy of the charity, are to maintain themſelves and procure ſheets and other linen; they muſt conform ſtrictly to the rules of the inſtitution, regularly attend divine ſervice, and when cured, return thanks in the pariſh church. No patient to continue more than ſix weeks in the infirmary without a renewal of their recommendation.

XVII.

That a liſt of ſubſcribers and benefactors be annually printed.

XVIII.

XVIII.

The meeting of the committee being conſidered as open, the attendance of any governor at the ſame, will be eſteemed a favour; and the committee will feel themſelves much obliged to any ſubſcribing lady that will occaſionally inſpect the female ward.

SEC-

SECTION XIII.

HINTS FOR PROMOTING A BEE SOCIETY.

WHEN the expences of every article of ſubſiſtence, in this country, affords a theme of very general complaint, it is ſurpriſing that an induſtrious and ſenſible people ſhould neglect ſo many evident ſources of product, and conſequently of ſubſiſtence, which are variouſly afforded. For a ſeries of years much has been expended in colonizing and improving diſtant poſſeſſions, whilſt our own immediate ſoil has been ſtrangely neglected; and even at this period, nearly a fourth of the whole kingdom is in commons, producing little, or in waſte grounds, producing ſtill leſs,

ſupport

ſupport to man or cattle; at a time, indeed, when not an inch of ſoil ſhould remain uſeleſs.

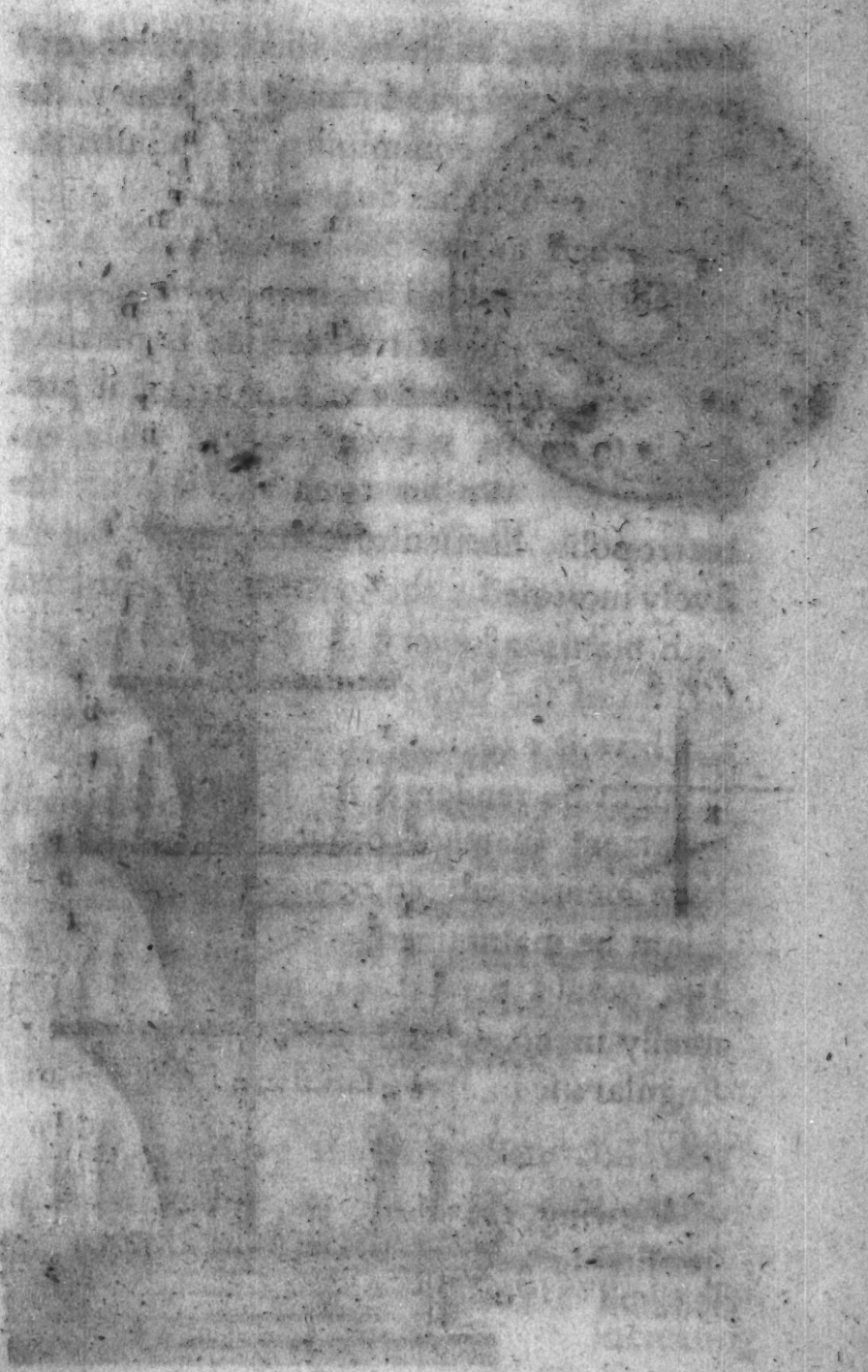
At length, however, a ſpirit of rational enquiry has pervaded ſeveral ſocieties and individuals, through various parts of the kingdom, and agriculture is improving upon the true principles of nature and chemiſtry; and the time may come, when all government and eccleſiaſtical reſtraints may ceaſe, and the ground amply reward him whoſe labour and ſweat enrich it.

In a retroſpective view, the loſs that has been ſuſtained by negligence or ignorance, within the ſpace only of half a century is almoſt beyond figures to calculate.—May ſound ſenſe and productive induſtry allow us joyfully to contemplate the future increaſe of plenty and ſtore!

It is not only the immediate ſoil that invites to profit; within its bowels wealth lies hid, and above its ſurface, the moſt

humble plant, as well as the lofty tree, expands its flower, and diſtils its honey, to invite another community of induſtrious labourers, which has hitherto been too much diſregarded, and whoſe product, when accepted by the hand of man, is pure gain. The BEE, whoſe active exertion is pleaſing to contemplate, and the product of it profitable to enjoy, is by no means duly encouraged. Within twenty miles of the metropolis, horticulture has moſt extenſively increaſed; the gardens are enriched with plants of every kind—but the nectarium of the flowers iſſues in vain, whilſt the hive is excluded from a ſtation, where it might be rendered no leſs an object of ornament than of profit. In the ſpace I have mentioned, 50,000 bee-hives at leaſt might be maintained, which upon an average, would produce as many guineas annually in honey and wax, two articles of ſingular uſe in every family in the kingdom.

Viewing, therefore, the ſubject as truly profitable and entertaining, I wiſh to turn the



Plan of a Colony of Bees.

Fig 1.

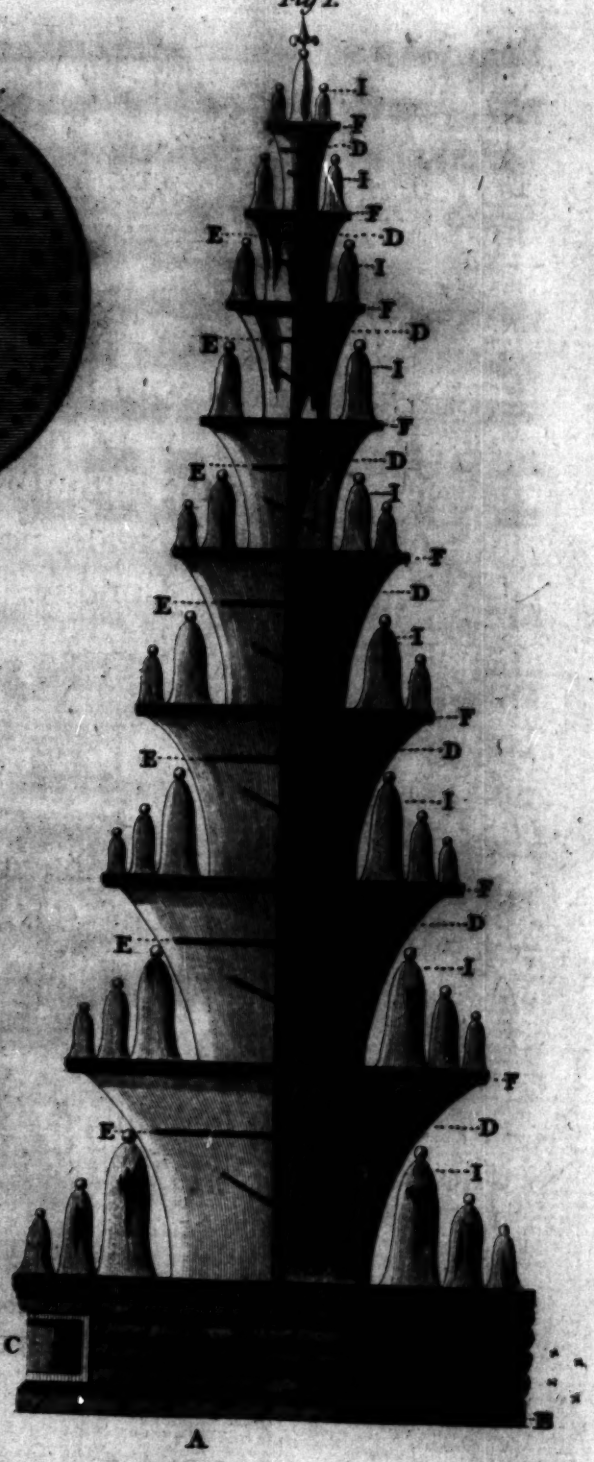


Fig. 2.

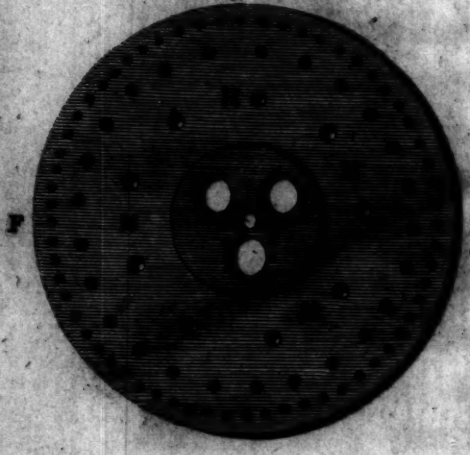
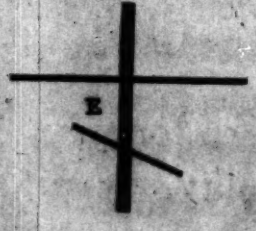
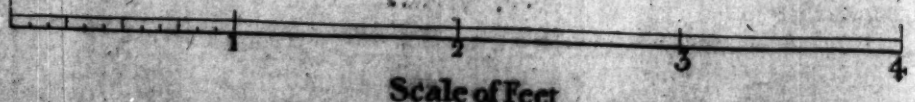


Fig. 3.





Scale of Feet.

the attention of every proprietor of a garden to its promotion, by allotting a ſmall ſpace to a bee-hive, and encouraging its buſy inhabitants to cull a rich ſtore from his flowers, and thereby gain to himſelf a product, not leſs ſalutary than pleaſant. In this metropolis, where little as well as great objects meet with patrons and partizans, I wiſh to excite patronage to the induſtrious bee, by the inſtitution of a ſociety for promoting its increaſe, not only in the neighbourhood of London, but likewiſe throughout the kingdom; for even the barren heath is productive under his labour.

Columbarian ſocieties have been formed, for the improvement of the beauty, rather than of the utility, of the pigeon. Of ſtill leſs uſe are ſocieties for fancy birds, flowers, and other trivial objects, which have been long eſtabliſhed; whilſt the bee, whoſe induſtry is proverbial, is left without due patronage; and, from neglect, the ſtocks are annually diminiſhing; but, with our preſent agricultural improvements, and

increaſing horticulture, it may be preſumed that a bee ſociety will not be deemed the leaſt important inſtitution of the preſent period.

After the eſtabliſhment of ſuch a ſociety, premiums might be offered for aſcertaining the food moſt ſuitable to the bee, the beſt mode of taking the honey, as well as of conſtructing the hive, and preſerving its denizens.

Where ornament and pleaſure have been particularly ſtudied, neat mahogany and glaſs hives have been conſtructed in the windows of dwelling houſes; by which means company in a ſitting room may ſee into the glaſs hive, and be amuſed by the activity and labour of the induſtrious community every moment of the day, and learn a leſſon of employing their own moments to the moſt uſeful purpoſes.

Some bee-hives are ſo conſtructed with glaſs, of various ſizes, as to repreſent a pyramid;

ramid; which, at the ſame time, are highly productive. This is done by placing over the body of the hive, which is of glaſs, a flat round board, perforated neatly round the edges, with holes ſufficiently large to admit the bees readily to paſs and repaſs; over each hole a ſmall glaſs, like a cupola, is inverted; and as ſoon as the body of the hive is filled, the bee continues his labour upwards till every glaſs cupola is richly ſtored with wax and honey. Over theſe another flat board, perforated in the ſame manner, and furniſhed with glaſſes, is placed; and even other ſtrata, leſſening in diameter, may be ſo added, as to repreſent a beautiful and lofty pyramid; a drawing of one, as it now really exiſts is here annexed*. In this pyramidal form of raiſing the hive, the bees continue to work without ſwarming, or leaving the hive, till the glaſs cupolas are filled with wax and honey;

* There is a well written pamphlet by B. J. Bromwich, entitled "The Bee Keeper," which affords many uſeful inſtructions for any perſon who wiſhes to keep bee hives; but the moſt elaborate and intereſting performance, is by John Keys, entitled "The Antient Bee-Maſter's Farewell."

and

and their ſtay may be prolonged, by removing the glaſſes as ſoon as filled, and ſubſtituting empty ones: theſe glaſſes may be made of ſuch a ſize as to ſuit a family to breakfaſt, each of which may be daily introduced to the table freſh from the hive.

A little honey on bread would ſave the uſe of butter on the occaſion, and be more wholeſome: it is at the ſame time a luxury, that every family, in poſſeſſion of a garden, may command without expence, and certainly with the addition of rational amuſement. To unite this with profit is the intention of theſe hints, which experience will improve upon, and amply reward the proprietor of this moſt induſtrious community of labourers, who ſeek no reward in return, but houſe and ſhelter from the inclemency of the ſeaſons.

This repreſentation of a ſingle colony of bees, is not only elegant, but really profitable; it is, however, too expenſive, from the quantity of glaſs, for general uſe. A bee-

bee-houſe, with boxes, has been figured, and accurately deſcribed by B. J. Bromwich. His pamphlet contains many judicious remarks on the management of bees, founded on practical knowledge; and from this performance I ſhall collect ſuch directions, and add ſuch notes, as may enable any perſon to conſtruct a bee-houſe. With reſpect to the œconomical hiſtory of bees, perhaps the late John Hunter's obſervations, printed in the eighty-ſecond volume of the Philoſophical Tranſactions, anno 1792, is the moſt ingenious and inſtructive ever publiſhed.

A houſe, to contain twelve colonies, muſt be made of the following dimenſions. The length muſt be thirteen feet; the height, in front, four; that is, four feet from the bottom board, or that on which the boxes are to be placed. The breadth of the ſides or ends of the houſe do not require more ſpace than fourteen inches. The back part is compriſed of four doors, to open from end to end; three feet and a half in height,

from

from the roof to the bottom board*. This houſe, or ſhed, may be made with common half-inch deal boards, which, when well painted, will be equally as durable as any other wood.

An inch deal board, very ſmooth and even, muſt be placed in the inſide, from end to end, about twelve inches broad, for the boxes to reſt on. Exactly even with this bottom board, twelve holes muſt be cut, to correſpond with the mouths, or entrance holes of the boxes; which ſhould be four inches wide, and half an inch in height. Underneath each of theſe holes, on the outſide of the front, ſmall pieces of boards are faſtened in a declining poſition; as well for the greater eaſe of the bees to alight on, as to drain off the wet. It will be proper alſo to paint each of theſe alighting boards of different colours, and alſo round the mouth

* In a ſecure and ſheltered ſituation, the doors to the houſe may be omitted, and thereby nearly the expence of making it will be ſaved.

of

of each entrance, in order to prevent, as much as poſſible, the bees miſtaking one box for another.

A houſe, thus conſtructed, of little more than three yards in length, will be found to contain twelve colonies; which will be equal to twenty-four hives, with all their ſwarms, kept in the uſual way.

The boxes, which are to contain the bees, ſhould be made of well-ſeaſoned inch deal board, it being the lighteſt and warmeſt wood. Let them be made nine inches ſquare, and eight in height*, in the inſide; with a communication-hole at top, of about three inches†. The mouth or entrance ſhould be four inches wide, and only half

* Perhaps the nearer a circular form the better, and conſequently an octagonal is preferable to a ſquare; though more troubleſome to make.

† In order to ſave the bees trouble, and retard their labours as little as poſſible, four ſmaller holes, of about an inch diameter each, may be cut round the middle one.

an

an inch in height, the better to preſerve the bees from *mice*, *ſnails*, &c. Theſe boxes ſhould be well made, and the work cloſely joined together; ſo conſtructed, they will be equally as warm, more convenient, and much cheaper in the end, than any thing of the kind that can be made with ſtraw.

Thoſe perſons who are curious to obſerve what progreſs the bees make in their works, may inſert, in the back part of the boxes, ſmall panes of clear glaſs†, with covers of *tin*, *wood*, &c. to be opened or ſhut occaſionally. At the ſame time it muſt be obſerved, that theſe covers, or doors, ſhould never be left open long together, as it will greatly interrupt their labours.

When the houſe and boxes are prepared, let them be furniſhed with ſtrong and

† Glaſs affords an opportunity of aſcertaining, more clearly, when the hive is ſufficiently ſtored with honey to be removed.

early

early ſwarms; never with late or ſecond ſwarms, theſe ſeldom anſwering the purpoſe of raiſing a ſtock. And when a ſwarm is to be put into the houſe, it is neceſſary, from the ſmallneſs of the boxes, to place that box which contains the bees immediately on an empty one, leſt they ſhould leave it for want of room, one of theſe boxes alone being ſcarce large enough for a good ſwarm.

If the ſwarm is ſtrong, and produced early in the ſeaſon, both theſe boxes will be filled with combs in a few weeks. When this is perceived, let a third be immediately added underneath. By this means the combs in the upper box, will, in a little time, be free from the young brood, and be entirely appropriated for honey; for it is natural for the female bee, as ſoon as the boxes are raiſed, to deſcend, and lay all, or moſt, of her eggs in the lower boxes, as being nearer the entrance. So that when the young, in the upper box, have emerged from their cells, thoſe combs are bred in

no more, but are immediately filled with honey, or crude wax. For this reaſon, the honey got from bees, by means of boxes is in a far purer ſtate than that procured in the common method; where conſiderable quantities of the young brood muſt, unavoidably be mixed with it.

Whenever there is reaſon to ſuſpect that the upper box is filled with honey, without any of the brood (and which is generally the caſe when the loweſt or third box is filled with combs) it may then with ſucceſs, and not before, be taken off. To do which, let a perſon, who takes it, go early in the morning before ſun-riſe, prepared with a thin pliable knife, the blade of which ſhould be ſeven or eight inches long, in order to cut through the combs that are attached to the ſecond box: when this is done, let him gently lift it off, at the ſame time laying a ſmall board to ſtop up the communication hole, and keep the bees from flying out of the lower boxes. Let the box taken off be carried to ſome diſtance; and as there will

always

always ſome bees remain in it, turn the bottom uppermoſt, and, for a minute or two, keep rapping the ſides of it with a ſmall ſtick. This repeated noiſe will ſometimes cauſe them to leave the box in a ſhort time; but if they ſhould not be readily got rid of this way, then one of the three following methods may be choſen, according to a perſon's ſituation or convenience.

The firſt is to plunge the whole box, and its contents, in a tub of water, placed in readineſs for that purpoſe. Neither the wax nor honey will be at all the worſe for this operation, if done with a gentle hand, and not immerſed too long; and the bees will ſoon recover their drowning, if taken out and laid on a dry cloth in the ſun*.

Another method, and by far the beſt, where it can be procured, is, to carry the box, as ſoon as taken, into a dark room, ex-

* It may happen that a queen bee is amongſt her drowned ſubjects, therefore, after this operation, ſhe ſhould be ſought for with a careful eye; and, if found, returned to the colony from whence ſhe was taken.

cepting

cepting a ſmall window for the bees to fly out at. Let the box, when brought into the room, be ſet from the window, with its bottom uppermoſt, as far as the place will admit; then keep rapping the ſides, and the bees will moſt of them take wing, and immediately make for the light. In this method the bees will be got rid of ſooner than by any other: for as they can ſee only in a clear light, none can return into the room. If a queen bee ſhould be in the box, which ſometimes happens, part of her attendants will never leave it whilſt ſhe remains. When, therefore, moſt of the bees are gone, and it is found difficult to get rid of the reſt, let the box be examined, and if a queen is found, let her be carefully conveyed to the old ſtock.

Another way, and which ſome may prefer, is ſtupifying the bees, by burning in the box taken off, a piece of the *Fungus maximus*.* Take a piece of the dried *Fungus*,

* Known by the names of Bunt, Burt, Frog-cheeſe, Mully-puffs, Puckfiſt, or Puff-balls. They are of various ſizes;

gus, as big as a hen's egg, and fix it on a ſtick at the bottom of an empty ſtraw hive, the bottom upwards; which, when lighted, place over it the box taken from the colony: in order to keep in the fume, wrap a cloth round the intermediate ſpace betwixt the box and the hive. In a ſhort time all the bees will fall into the empty hive, but they will ſoon recover themſelves, when expoſed to the open air, and immediately join their companions.

It is neceſſary to obſerve, that the upper box ſhould not be taken away too early in the year: it ſeldom ſucceeds before the latter end of June. If it be taken before the young brood are all gone, the honey is not only the worſe for it, but the colony

ſizes; ſome nearly as big as a man's head; when they are ripe, the inſide begins to turn brown, and then they are fit to be gathered. Put one of theſe into ſtrong paper, and preſs it to near half its former ſize, by tying it very cloſe; then put it into an oven, after bread has been drawn, and let it remain all night: when it will burn freely, it is dry enough to uſe.

greatly

greatly weakened. Experience however will point out this much better than any written directions can do, as our ſeaſons vary ſo conſiderably.

The ſame day the upper box is taken away, an empty one muſt be placed underneath; and when this is filled with combs, the ſame operation may again be repeated. It ſeldom happens that two of theſe boxes may not be taken in a ſeaſon, and often three. But it is to be obſerved, that none ought to be taken after the firſt week in Auguſt.

When ſpeaking above of taking two or or three boxes from each colony, it is to be underſtood of the ſecond, or ſucceeding years. The firſt ſeaſon, the bees being ſo few in number, it often happens that even one cannot be taken with ſafety, unleſs the ſwarm be very early and ſtrong. But in the ſecond and third years, when the number of bees are increaſed, generally two, and often three, may be taken, and yet

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leave ſufficient proviſion for them in winter.

The above method of keeping and ordering of bees will be found on trial far preferable, in every reſpect, to any other that hath yet been offered to the public. All the implements neceſſary in the method here recommended, are of ſo plain and ſimple a conſtruction, and ſo eaſily procured, that it is in the power of every cottager to be poſſeſſed of them, and even to make them all himſelf. The bees alſo are ſo eaſily managed, that the keeping them this way will be found much leſs expenſive and troubleſome than in common ſtraw hives; at the ſame time the profit will be doubled, the bees being never deſtroyed. The honey too will be got in a purer ſtate; for, with ſtraw hives, the way bees are uſually kept, it is impoſſible to have the honey without a mixture of the young brood.

END OF THE FIRST VOLUME.

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END OF THE FIRST VOLUME.

EXPLANATION OF THE PLATE.

Exhibiting the Plan of a COLONY OF BEES.

A. The ſtraw bee-hive, incloſing a large glaſs D.

B. The mouth or entrance for the bee-hive.

C. The door behind the hive, which opens, to admit a view of the bees and internal ſtructure of the honey-combs.

D D, &c. Large glaſſes placed on the hive, which may be continued to any elevation, by the intervention of the flat circular board, F. fig. 2.

E E, &c. Croſs ſticks placed in the hive, and within each of the large glaſſes D D, &c. for the bees to faſten the combs upon. One of theſe croſs ſticks is more clearly exhibited in fig. 3.

F F, &c. Flat circular boards, one of which is placed over each of the large glaſſes D D, &c. and perforated to admit a free paſſage for the bees. The large holes G, as repreſented in fig. 2, are included under a large glaſs D, and the ſmall holes H H, &c. are covered by ſmaller glaſſes, each reſembling inverted cupolas I I, &c. of different ſizes at the pleaſure of the proprietor.

Theſe cupolas, in the original colony, ſurround the large glaſſes D D, &c. but are omitted in the engraving, in the front of each, in order to exhibit theſe large glaſſes more obviouſly, with the croſs ſticks E E, &c, included within them; hence the ſtrata of glaſſes above the ſtraw hive appear as a ſection.

EXPLANATION OF THE PLATE.

Exhibiting the Plan of a COLONY OF BEES.

A. The straw bee-hive, including a large glass D.

B. The mouth or entrance for the bee-hive.

C. The door behind the hive, which opens, to admit a view of the bees and neutral structure of the honey-combs.

D D, &c. Large glasses placed on the hive, which may be continued to any elevation, by the intervention of the flat circular board, F, fig. 2.

E E, &c. Cross sticks placed in the hive, and within each of the large glasses D D, &c. for the bees to fasten the combs upon. One of these cross sticks is more clearly exhibited in fig. 3.

F F, &c. Flat circular boards, one of which is placed over each of the large glasses D D, &c. and perforated to admit a free passage for the bees. The large holes G, as represented in fig. 2, are included under a large glass D, and the small holes H H, &c. are covered by smaller glasses, each resembling inverted cupolas I I, &c. of different sizes at the pleasure of the proprietor.

These cupolas, in the original colony, surround the large glasses D D, &c. but are omitted in the engraving, in the front of each, in order to exhibit these large glasses more obviously with the cross sticks E E, &c, included within them; hence the strata of glasses above the straw hive appear as a section.